

# WEEKLY WELLNESS

# Weekly Activities



## SATURDAY

**Sunrise Flow**  
06:00-07:00  
USD 65

**Kids Yoga**  
11:30-12:00  
Complimentary

**Restorative Yoga**  
17:00-18:00  
USD 90

## SUNDAY

**Fitness**  
10:00-11:00  
Complimentary

## MONDAY

**Beach Yoga**  
08:00-09:00  
Complimentary

**Aqua FIT**  
12:00-13:00  
USD 70

**Restorative Yoga**  
17:00-18:00  
USD 90

## TUESDAY

**Sunrise Flow**  
06:00-07:00  
USD 65

**KIDS Hip Hop Dance**  
11:30—12:30  
USD 40

**Beach Zumba**  
17:00-18:00  
USD 50

## WEDNESDAY

**Power Shoreling Walk**  
08:00-09:00  
Complimentary

**Aqua FIT**  
12:00-13:00  
USD 70

## THURSDAY

**Sunrise Flow**  
06:00-07:00  
USD 65

**Fitness**  
10:00-11:00  
Complimentary

**Meditation**  
17:00-18:00  
USD 65

## FRIDAY

**Beach Yoga**  
08:00-09:00  
Complimentary

**Aqua FIT**  
12:00-13:00  
USD 70

**Beach Zumba**  
17:00-18:00  
USD 50

Reservations are required.  
All prices are subject to 10% service charge and 12% Government tax.  
Personal classes and family classes are available upon request.  
Kindly contact Villa Host for rese

# FOOD AND BEVERAGE

## Weekly activities



### Glow restaurant

**Breakfast 07:00– 10:30**

**Lunch 12:30-16:00**

**Dinner 18:00-22:00**

Glow Restaurant is an all-day dining restaurant that dishes up a tempting menu of International specialties.

From a fresh breakfast buffet and a la carte menu to an expansive delicatessen, to an around-the-world gastronomic dinner, Glow Restaurant & Bar offers the best in creative, international cuisine.

### INTI

**Dinner 18:30 to 22:00**

Get whisked away on a Peruvian and Japanese culinary journey, with a live sushi bar and outdoor terrace for stunning views of the Indian sea.

Simple, but superbly executed, savor the delightful flavors found in the tableside made, smoky guacamole or 5 course fresh fish Ceviche tasting. Sip on an iced Peruvian drink, warm sake or Pisco sour and let the smells and sounds of Peru and Japan fill the air

### Glow Bar

**Open: 08:00-00:00**

Island-inspired bites and refreshments; but as the sun sets, the Bar becomes a sophisticated cocktail area with an addictively original soundtrack.

### BEACH ROUGE

**Open: 10:00-00:00**

A hint of the French Riviera in the airy white-and-red decor.

In the lounge area, cocktails and tapas make for lazy days and cool evenings by the Indian Ocean: flop down on cushions on the beach to the upbeat sound of top international DJs.

### OPEN DAILY

**Café LUX\***

**Open 06:00– 18:00**

Follow the scent of freshly roasted coffee beans to Café LUX \* and enjoy the resort's own-blend coffee however you like it. Cold-press, pour-over, nitro or just a perfectly frothed cappuccino – the LUX \* barista

This coffee is characterized by its exotic flavour and subtle aroma of freshly roasted coffee

### ICI

**Open 10:30-18:00**

An array of exotic flavors of Ice creams, sorbets and lollies magnums made in house. ICI spoils everyone with the intensity of fragrance and flavors. The standard flavors that should always be available include Ice creams and dairy free sorbets.

### LUX\* Master Chef

A Master Chef meal made with foodie friends or family is an experience you'll always remember.

**Kindly contact your Villa Host to make reservations**