

SAMPLE ACTIVITIES SCHEDULE



the bodyholiday®
LeSPORT

Heart Rate Intensity Scale:

Please note this heart rate intensity scale is simply a guide. All classes will provide options throughout:



A no or very low intensity workout

Low intensity class Ideal for total beginners to cardio exercise

A medium intensity

Medium intensity with higher intensity options

High intensity workout

Please be advised that class times may be subject to change, therefore we recommend that you refer to the activities board located in the Clubhouse on a daily basis for any changes or additional activities.

Group Exercise Class Type

Our group exercise classes are categorised as; "Mind & Body" and "Fitness & Tone".

Mind & Body includes any holistic class that will combine both physical exercise and stretching with awareness of the mind. Generic benefits of these classes are; decreased stress, increased flexibility plus improvement of abdominal core strength.

Fitness & Tone includes all our physical classes. Many of these classes will be choreographed to upbeat music and will require trainers/sneakers. The generic benefits of these classes will be improved cardiovascular system and stronger firmer muscles. All of our Fitness & Tone classes will provide a range of levels to suit your current fitness level.

Mind & Body Classes

Yoga: ♥ ♥ ♥

A physical journey to stretch, strengthen and align the whole body, designed to connect body, mind and spirit. Key benefits are; focused mental state, improved energy, posture and flexibility. Yoga takes many forms and styles, intensity of class will vary with the type of Yoga, please ask for details)

Pilates: ♥ ♥ ♥

A series of floor exercises that stabilize and strengthen the stomach, back and buttock muscles. Benefits include; improved core strength, posture, co-ordination and more. Pilates can be ideal in the aid of treating some injuries such as lower back fatigue.

Tai Chi: ♥ ♥ ♥

A Chinese system of physical exercises designed especially for self-defense and meditation.

Meditation: ♥

A chance to give the body and mind time to be peaceful and reflect with the soothing guidance of one of our BodyHoliday meditation coaches.

Stretch: ♥

A great combination of flowing movements and controlled breathing with deep static stretches to help relieve tension and develop perfect posture.

Fitness And Tone Classes

Circuits:

Combining both cardiovascular and resistance stations to produce an all over body session. Work at your own level while challenging your weaknesses.



Beach Fit:

A challenging workout on the sand combining both cardiovascular and bodyweight resistance exercises to produce an all over body blitz!



Beach Boot Camp:

Old school circuit style workout using tractor tyres, sand bags, and ropes. This functional training on the beach will challenge you in a completely differently way to the gym.



Body Tone:

A great chance to firm up the whole body using a combination and variety of weight based exercises and studio equipment.



Cardio:

A freestyle combination of low and high impact aerobic movements, providing options throughout.



Step:

A basic, mid-intensity step workout, combined with lower body conditioning exercises.



Zumba:

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.



Ease into Fitness:

A gentle way to firm up the whole body using a combination and variety of weight based exercises and studio equipment.



Combat Fitness:

Combining various martial arts and boxing movements to produce a real stress and calorie busting workout.



Absolution:

A workout designed to strengthen the abdominal core and lower back muscles, often in the form of a circuit session.

**Box Fit:**

Combining various martial arts and boxing movements to produce a real stress and calorie busting workout.

**Legs, Bums & Tums (L.B.T):**

A 45min class that targets the legs, buttocks and abdominals, this class will help you Strengthen and tone most of your popular parts of the body.

**BodySPIN®:**

A 45 minute indoor cycling experience. If you are new to indoor cycling be warned you may get hooked! BodySPIN is the ultimate calorie burning ride,.

**Beginner's BodySPIN:**

A 30 minute introduction to indoor cycling. Arrive 5-10 minutes early so your instructor can get you set up correctly on the bike.

**Waterworks®:**

A class that always guarantees to be full of fun. Splash your way to a great fitness level at any age. Also an ideal class for pregnant participants and people with joint injuries.

**Running Club:**

A choice of two runs. A 4.5mile run that takes you to one of St. Lucia's National Heritage sites - Pigeon Island. Or adventure over to the Atlantic side of the island over a slightly hilly 4 miles.

**One The Ball**

A core stability and strength class that is fun and challenging using the Swiss ball to engage more than just your abdominal core but giving you a fantastic overall workout

**Pole Fitness**

Pole Fitness classes are a liberating and sensual Ultimate Body Workout, powering up one's self-esteem and encourages the students to experience how to be stunningly strong and at the same time graceful like a dancer. The classes are suitable for all levels, ages and abilities.

Sunday

Time:	Activity:	Location:
07:00-08:30	Morning Walk to Pigeon Island (All Levels, Bring water)	Welcome Pavilion
08:00-09:00	Ashtanga Yoga	Fitness Studio
08:00-12:00	Quadrathlon (supplementary)	Welcome Pavilion
09:00-09:45	Introduction to Archery	Coubaril Valley
09:15-10:00	Body Stretch	Fitness Studio
10:00-10:45	The BodyHoliday Welcome Tour	Concierge
10:00-10:45	Zumba	Fitness Studio
10:00-11:00	Intermediate Skiing	Water Sports
10:00-16:00	Intermediate Sailing & Windsurfing	Water Sports
10:00-17:00	Kayaking, Snorkelling & Paddle Boarding	Water Sports
11:00-12:00	Marma Yoga	The Tree House
11:00-11:45	BodyTone	Fitness Studio
11:00-12:30	Beginners' Water Skiing	Water Sports
11:00-12:30	Introduction To Windsurfing	Water Sports
11:15-12:00	Waterworks Aqua	Infinity Pool
12:05-13:00	Water Volleyball	Infinity Pool
13:45-15:00	Certified Scuba Shore Dive	Scuba
14:00-15:00	Table Tennis Tournament	Piazza
14:00-15:00	Tubing	Water Sports
14:00-16:00	Sailing Lessons (½hr sessions)	Water Sports
15:00-17:00	Intermediate Skiing & Wake-Boarding	Water Sports
15:10-15:55	Cardio	Fitness Studio
15:10-15:55	WaterWorks Aqua	Infinity Pool
16:15-16:45	Absolutions (Abdominal Workout)	Fitness Studio
16:00-16:45	BodySPIN	The Tree House
17:00-18:00	Beach Cricket	The Beach
17:00-18:00	Hamsa Yoga	Sun Deck
18:00-19:00	Appreciation Meditation	Fitness Studio

Please note that this schedule is correct at the time of printing.
Please view the Activities Board in the Clubhouse for the latest information

Monday

Time:	Activity:	Location:
06:30-07:20	Deep Stretch with Dr. Alan	Fitness Studio
07:00-07:45	BodySPIN	The Tree House
07:00-07:55	Tai Chi	Coubaril Valley
07:00-08:00	Morning Walk to Mount Du Cap (Intermediate, Bring water)	Welcome Pavilion
07:00-07:55	Morning Run (Cotton Bay, Bring water)	Welcome Pavilion
07:00-07:55	Beach Boot Camp	The Beach
08:00-09:00	Traditional Hatha Yoga	Fitness Studio
08:00-09:00	1km Open Water Swim (strong swimmers)	Water Sports
08:15-09:00	Introduction to Golf	Coubaril Valley
09:00-09:45	Elementary Golf Lesson - full Swing	Coubaril Valley
09:00-09:45	Introduction to Archery	Coubaril Valley
09:00-09:40	Fitness Trail Workout	Activities Desk
09:00-12:00	One on One Personal Training (sign up, ½hr sessions)	Gym
09:10-09:55	Body Stretch	Fitness Studio
09:00-12:00	Discover Scuba Diving	Scuba
09:00-12:30	Two Tank Boat Dive (Supplementary)	Scuba
09:00-17:00	Swimming Lessons (Supplementary)	Water Sports
09:00-09:45	Introduction to Tennis	Coubaril Valley
10:00-10:45	Elementary Golf - Chipping	Coubaril Valley
10:00-10:45	Intermediate Tennis	Coubaril Valley
10:00-10:45	The BodyHoliday Welcome Tour	Concierge
10:15-11:00	Pole Fitness	Fitness Studio
10:00-17:00	Kayaking, Snorkelling, surf ski & Paddle Boarding	Water Sports
10:00-17:00	Intermediate Sailing & Windsurfing	Water Sports
11:00-12:00	Beginners Ashtanga Yoga	The Tree House
11:10-11:55	Circuits	Fitness Studio
11:00-11:45	Intermediate Golf Lesson - Full Swing (Handicap required)	Coubaril Valley
11:00-12:30	Beginners' Water Skiing	Water Sports
11:00-12:30	Introduction to Windsurfing	Water Sports
11:15-12:00	Aqua Dance	Infinity Pool
12:05-13:00	Water Volleyball	Infinity Pool
13:45-15:00	Certified Scuba Shore Dive	Scuba
14:00-16:00	Bottom Fishing (Supplementary)	Scuba
14:00-15:00	Tubing	Water Sports
14:00-16:00	One on One Personal Training (sign up, ½hr sessions)	Gym
14:00-16:00	Sailing Lessons (½ hr sessions)	Water Sports
15:10-15:55	Caribbean Dance Fit	Fitness Studio
15:10-15:55	Intermediate Archery	Coubaril Valley
15:10-15:55	WaterWorks Aqua	Infinity Pool
16:00-16:45	Mat Pilates	Fitness Studio
16:15-16:45	St. Lucia History & Culture Talk	Clubhouse
17:00-17:30	Beginners BodySPIN	The Tree House
17:00-18:00	Beach Volleyball	The Beach
17:00-18:00	Katti Yoga (Hip & Spine)	Sun Deck
18:00-19:00	Chanting Meditation	Fitness Studio

Tuesday

Time:	Activity:	Location:
06:30-07:20	Deep Stretch with Dr. Alan	Fitness Studio
07:00-07:45	BodySPIN	The Tree House
07:00-08:30	Morning Walk to Cas En Bas (Inter - Adv, Bring water)	Welcome Pavilion
07:00-11:00	Golf Competition (Supplementary)	Welcome Pavilion
07:00-07:55	Beach Fit	The Beach
08:00-09:00	Hamsa Yoga	Fitness Studio
08:15-09:00	Introduction to Golf	Coubaril Valley
09:00-09:45	Introduction to Tennis	Coubaril Valley
09:00-10:30	Surf Ski Kayak Paddling Lesson	Water Sports
09:00-09:45	Elementary Golf Lesson - Full Swing	Coubaril Valley
09:00-09:45	Intermediate to Archery	Coubaril Valley
09:00-12:00	One on One Personal Training (sign up, ½hr sessions)	Gym
09:00-17:00	Swimming Lessons (Supplementary)	Water Sports
09:00-12:00	Discover Scuba Diving	Scuba
09:00-13:30	Whale/Dolphin Watching Trip (Supplementary)	Scuba
09:10-09:55	Body Stretch	Fitness Studio
10:00-10:45	Elementary Golf Lesson - Chipping	Concierge
10:00-10:45	The BodyHoliday Welcome Tour	Coubaril Valley
10:00-11:00	Intermediate Skiing	Water Sports
10:00-17:00	Intermediate Sailing & Windsurfing	Water Sports
10:00-10:45	Intermediate Tennis	Coubaril Valley
11:00-11:45	Intermediate Golf Lesson - Chipping (Handicap required)	Coubaril Valley
10:00-10:45	Mat Pilates	Fitness Studio
11:00-12:00	Prana Yoga	The Tree House
11:10-11:55	Legs, Bums and Tums	Fitness Studio
11:00-12:30	Beginners' Water Skiing	Water Sports
11:00-12:30	Introduction To Windsurfing	Water Sports
11:15-12:00	WaterWorks Aqua	Infinity Pool
12:05-13:00	Water Volleyball	Infinity Pool
13:45-15:30	Single Tank Boat Dive (Supplementary)	Scuba
14:00-15:00	Tubing	Water Sports
14:00-16:00	One on One Personal Training (sign up, ½hr sessions)	Gym
14:00-16:00	Sailing Lessons (½ hr sessions)	Water Sports
15:10-15:55	Cardio	Fitness Studio
15:00-15:55	Social Tennis Mix-In (Not A Lesson)	Coubaril Valley
15:10-15:55	Intermediate Archery	Coubaril Valley
15:10-15:55	WaterWorks Aqua	Infinity Pool
16:00-17:00	Intermediate Skiing & Wake-Boarding	Water Sports
16:00-16:30	Nutrition Seminar - Are sugars really Evil?	The Library
16:30-17:30	Wine & Cheese Pairing	Clubhouse
16:00-16:45	Zumba	Fitness Studio
17:00-17:45	BodySPIN	The Tree House
17:00-18:00	Beach Football	The Beach
17:00-18:00	Traditional Hatha Yoga	Zen Deck
18:00-19:00	Chakra Meditation	Fitness Studio

Wednesday

Time:	Activity:	Location:
06:30-07:20	Deep Stretch with Dr. Alan	Fitness Studio
07:00-07:45	BodySPIN	The Tree House
07:00-07:55	Tai Chi	Coubaril Valley
07:00-08:15	Morning Walk to Golf Hill (Inter— Adv, Bring water)	Welcome Pavilion
07:00-07:55	Beach Boot Camp	The Beach
08:00-09:30	Purna Yoga	Sun Deck
08:30-13:00	Two Tank Boat Dive (Supplementary)	Scuba
08:15-09:00	Introduction to Golf	Coubaril Valley
09:00-16:00	Tour of St. Lucia (Supplementary on any day)	Activities Desk
09:00-17:00	Swimming Lessons (Supplementary)	Water Sports
09:00-10:30	Paddle Board to Smugglers Cove	Water Sports
09:00-09:45	Elementary Golf Lesson - Full Swing	Coubaril Valley
09:00-09:45	Introduction to Archery	Coubaril Valley
09:00-09:45	Introduction to Tennis	Coubaril Valley
09:00-09:40	Fitness Trail Workout	Activities Desk
09:00-12:00	One on One Personal Training (sign up, ½hr sessions)	Gym
09:00-12:00	Discover Scuba Diving	Scuba
09:10-09:55	Body Stretch	Fitness Studio
10:00-10:45	Elementary Golf Lesson - Full Swing	Coubaril Valley
10:00-10:45	Intermediate Tennis	Coubaril Valley
10:00-10:45	The BodyHoliday Welcome Tour	Concierge
10:00-10:45	Jive	Fitness Studio
10:00-11:00	Intermediate Skiing	Water Sports
10:00-17:00	Intermediate Sailing & Windsurfing	Water Sports
10:00-17:00	Kayaking, Snorkelling, surf ski & Paddle Boarding	Water Sports
10:30-11:15	Cooking With The Chef	Pavilion Grill
11:00-11:45	On The Ball (stability ball workout)	Fitness Studio
11:00-11:45	Intermediate Golf Lesson - Full Swing (Handicap required)	Coubaril Valley
11:00-12:00	Beginners Hatha Yoga	The Tree House
11:00-12:30	Beginners' Water Skiing	Water Sports
11:00-12:30	Introduction To Windsurfing	Water Sports
11:15-12:00	WaterWorks Aqua	Infinity Pool
12:00-12:30	Meditative Techniques Workshop	The Tree House
12:05-13:00	Water Volleyball	Infinity Pool
13:45-15:00	Certified Scuba Shore Dive	Scuba
14:00-15:00	Tubing	Water Sports
14:00-16:00	One on One Personal Training (sign up, ½hr sessions)	Gym
14:00-16:00	Sailing Lessons (½ hr sessions)	Water Sports
15:10-15:55	Box Fit	Fitness Studio
15:10-15:55	Aqua Dance	Infinity Pool
15:00-17:00	Intermediate Skiing & Wake-Boarding	Water Sports
16:00-16:45	Mat Pilates	Fitness Studio
16:15-17:10	Advanced Bicycling Tour to Cotton Bay	Welcome Pavilion
17:00-17:45	Spoga (Spin + Yoga)	The Tree House
17:00-18:00	Beach Touch Rugby	The Beach
17:00-18:00	Iyengar Yoga	Fitness Studio

Thursday

Time:	Activity:	Location:
06:30-07:20	Deep Stretch with Dr. Alan	Fitness Studio
07:00-07:45	BodySPIN	The Tree House
07:00-07:45	Morning Walk to Mount Du Cap (Intermediate, Bring water)	Welcome Pavilion
07:00-16:00	Rainforest Hike (Supplementary on any day)	Activities Desk
07:00-07:55	Beach Fit	The Beach
08:00-09:00	Sunrise Yoga	Zen Deck
08:00-09:30	2.5km Open Water Swim (strong swimmers)	Water Sports
08:15-09:00	Introduction to Golf	Coubaril Valley
09:00-17:00	Swimming Lessons (Supplementary)	Water Sports
09:00-09:45	Introduction to Tennis	Coubaril Valley
09:00-13:00	Snorkel Trip to the Pitons (Supplementary)	Scuba
09:00-09:45	Elementary Golf Lesson - Full Swing	Coubaril Valley
09:00-09:45	Intermediate Archery	Coubaril Valley
09:00-12:00	One on One Personal Training (sing up, ½hr sessions)	Gym
09:00-12:00	Discover Scuba Diving	Scuba
09:10-09:55	Body Stretch	Fitness Studio
10:00-10:45	The BodyHoliday Welcome Tour	Concierge
10:00-10:45	Elementary Golf - Chipping	Coubaril Valley
10:00-11:00	Intermediate Skiing	Water Sports
10:00-12:00	Tennis Challenge	Coubaril Valley
10:15-11:00	Pole Fitness	Fitness Studio
10:00-17:00	Kayaking, Snorkelling, surf ski & Paddle Boarding	Water Sports
10:00-17:00	Intermediate Sailing & Windsurfing	Water Sports
11:00-12:00	Katti Yoga (Hips & Spine)	The Tree House
11:00-11:45	Intermediate Golf Lesson - Chipping (Handicap required)	Coubaril Valley
11:00-12:30	Introduction to Windsurfing	Water Sports
11:00-12:30	Beginners' Water Skiing	Water Sports
11:10-11:55	Mat Pilates	Fitness Studio
11:15-12:00	WaterWorks Aqua	Infinity Pool
12:05-13:00	Water Volleyball	Infinity Pool
13:00-14:00	Lunch With Our Nutritionist (Communal Table)	Caribblue
13:45-15:30	Single Tank Boat Dive (Supplementary)	Scuba
14:00-15:00	Tubing	Water Sports
14:00-16:00	Sailing Lessons (½ hr sessions)	Water Sports
14:00-14:45	Resistance Circuit Training	Gym
15:00-16:00	One on One Personal Training (sign up, ½hr sessions)	Gym
15:00-17:00	Intermediate Skiing & Wake-Boarding	Water Sports
15:10-15:55	BodyTone	Fitness Studio
15:10-15:55	Water Works Aqua	Infinity Pool
16:00-16:45	Zumba	Fitness Studio
16:00-16:30	Weight Loss Q&A	The Library
17:00-17:30	Beginners BodySPIN	The Tree House
17:00-18:00	Beach Volleyball	The Beach
17:00-18:00	Shanti Yoga	Fitness Studio
18:00-19:00	Affirmation Meditation	Fitness Studio

Friday

Time:	Activity:	Location:
06:30-07:20	Deep Stretch with Dr. Alan	Fitness Studio
07:00-07:50	Spoga (Spin + Yoga)	The Tree House
06:30-16:00	Piton Hike (Supplementary on any day)	Activities Desk
07:00-07:55	Tai Chi	Coubaril valley
07:00-08:00	Morning Run (Pigeon Island bring Water)	Welcome Pavilion
07:00-08:15	Morning Walk to Golf Hill (Inter— Adv, bring water)	Welcome Pavilion
07:00-11:00	Golf Competition (Supplementary)	Welcome Pavilion
07:00-07:55	Beach Boot Camp	The Beach
08:00-09:00	Ashtanga Yoga	Fitness Studio
08:30-13:30	2 Tank Boat Dive (Supplementary)	Scuba
08:15-09:00	Introduction to Golf	Coubaril Valley
09:00-10:45	Surf Ski Kayak to Pigeon Point Beach (Supplementary)	Water Sports
09:00-09:45	Elementary Golf Lesson - Full Swing	Coubaril Valley
09:00-09:45	Introduction to Tennis	Coubaril Valley-
09:00-09:45	Introduction to Archery	Coubaril Valley
09:00-12:00	One on One Personal Training (sign up, ½hr sessions)	Gym
09:00-12:00	Discover Scuba Diving	Scuba
09:10-09:55	Body Stretch	Fitness Studio
10:00-10:45	Elementary Golf - Chipping	Coubaril Valley
10:00-10:45	Jive	Fitness Studio
10:00-10:45	The BodyHoliday Welcome Tour	Concierge
10:00-10:45	Intermediate Tennis	Coubaril Valley
10:00-11:00	Intermediate Skiing	Water Sports
10:00-17:00	Kayaking, Snorkelling, Surf Ski & Paddle Boarding	Water Sports
10:00-17:00	Intermediate Sailing & Windsurfing	Water Sports
11:00-12:00	Traditional Hatha Yoga	The Tree House
11:00-11:45	Intermediate Golf Lesson - Full Swing (Handicap required)	Coubaril Valley
11:10-11:55	Combat Fitness	Fitness Studio
11:00-12:30	Beginners' Water Skiing	Water Sports
11:00-12:30	Introduction To Windsurfing	Water Sports
11:15-12:00	Waterworks Aqua	Infinity Pool
12:05-13:00	Water Volleyball	Infinity Pool
13:45-15:30	Certified Scuba Shore Dive	Scuba
14:00-15:00	Sailing Lessons (½ hr sessions)	Water Sports
14:00-16:00	One on One Personal Training (sign up, ½hr sessions)	Gym
14:00-15:00	Tubing	Water Sports
15:10-15:55	Mat Pilates	The Tree House
15:10-15:55	Legs, Bums, and Tums	Fitness Studio
15:00-17:00	Intermediate Skiing & Wake-Boarding	Water Sports
17:00-18:00	Sunset Yoga	Zen Deck

Saturday

Time:	Activity:	Location:
07:00-07:45	BodySPIN	The Tree House
07:00-08:30	Morning Walk to Cas En Bas (Inter-Adv, Bring Water)	Welcome Pavilion
07:00-08:00	Bicycling Tour to Pigeon Island	Welcome Pavilion
08:00-09:00	Sivananda Yoga 1	Fitness Studio
09:00-12:00	One on One Personal Training (sign up, ½hr sessions)	Gym
09:00-09:45	Introduction to Golf	Coubaril valley
09:00-16:00	Tour Of St. Lucia (Supplementary on any day)	Activities desk
09:10-09:55	Body Stretch	Fitness Studio
10:00-10:45	The BodyHoliday Welcome Tour	Concierge
10:00-10:45	Elementary Golf Lesson - Full Swing	Coubaril Valley
10:00-11:00	Intermediate Skiing	Water Sports
10:00-16:00	Intermediate Sailing & Windsurfing	Water Sports
10:00-17:00	Kayaking, Snorkelling & Paddle Boarding	Water Sports
10:00-10:45	Box Fit	Fitness Studio
11:00-11:45	Mat Pilates	Fitness Studio
11:00-11:45	Intermediate Golf Lesson - Chipping (Handicap required)	Coubaril Valley
11:00-12:30	Beginners' Water Skiing	Water Sports
11:00-12:30	Introduction To Windsurfing	Water Sports
11:15-12:00	Waterworks Aqua	Infinity Pool
12:05-13:00	Water Volleyball	Infinity Pool
13:45-15:00	Certified Scuba Shore Dive	Scuba
14:00-14:45	Archery Challenge (not a lesson)	Coubaril Valley
14:00-15:00	Tubing	Water Sports
14:00-16:00	Sailing Lessons (½hr sessions)	Water Sports
15:00-17:00	Intermediate Skiing & Wake-Boarding	Water Sports
15:10-15:55	Circuits	Fitness Studio
17:00-18:00	Beach Volleyball	The Beach
17:00-18:00	Sivananda Yoga 2	Zen Deck
18:00-19:00	Appreciation Meditation	Fitness Studio

Entertainment

Sunday

Time: 21:30-23:00	Entertainment: Jazz night with KK & Sally Elwin	Location: Clubhouse
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Monday

Time: 19:30-21:00 21:30-23:00	Entertainment: KK Elwin warming up the Evening at the Clubhouse Live Band: Pordigy in the Clubhouse	Location: Clubhouse
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Tuesday

Time: 16:30-18:00 19:30-21:00 21:30-23:00	Entertainment: Tea Time Jazz in the clubhouse with Barbara Cadet. Keren & Emerson Nurse Classical Jazz in the Piano Bar Latin Night with the Bailamos Dance Group.	Location: Boardwalk Piano Bar Clubhouse
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Wednesday

Time: 19:00-20:00 20:00-21:30 21:30-23:00 23:00-24:00	Entertainment: Leaders' Cocktail Party Live Steel Band: Harmonites Live Band D.Y.P Live D.J. 758	Location: TBA Caribblue Clubhouse
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Thursday

Time: 19:30-21:00 21:30-23:00	Entertainment: Keren & Emerson Nurse Classical Jazz in the Piano Bar Live Band Ev-Voice	Location: Piano Bar Clubhouse
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Friday

Time: 19:15-20:45 21:00-23:00	Entertainment: Live Steel band Harmonites on the Beach Put on your dancing shoes and Party Live with D.J Levi Chin	Location: Beach Clubhouse
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Saturday

Time: 21:30-23:00	Entertainment: Party with the Live Band X. Tent.	Location Clubhouse
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Thank you for joining us here at
The BodyHoliday.

We hope that your stay was truly enjoyable
and we look forward to seeing you next time.



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