

# SAMPLE ACTIVITIES SCHEDULE



the bodyholiday<sup>®</sup>  
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

<b>Time:</b>	<b>Activity:</b>	<b>Location:</b>
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	Quadathlon (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)	Cariblue
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

<b>Time:</b> 21:30-23:00	<b>Entertainment:</b> <b>Jazz night</b> with KK & Sally Elwin	<b>Location:</b> Clubhouse
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## Monday

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

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

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

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

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

<b>Time:</b> 21:30-23:00	<b>Entertainment:</b> <b>Party</b> with the Live Band <b>X. Tent.</b>	<b>Location:</b> Clubhouse
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**the bodyholiday<sup>®</sup>**  
**LeSPORT**

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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