

# Daily Recreation Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30am Run Westin	8.30am Nature Walk	7.30am Run Westin	8.30am Nature Walk	7.30am Run Westin	8.30am Nature Walk	3.00pm Cardio Session
3.00pm petanque	10.30am Paddle Board	3.00pm Circuit Training	3.00pm Dart Tournament	10.30am Kayaking	3.00pm Body Workout	5.00pm Beach Soccer
5.00pm Sepak Raga	5.00pm Westin Ride	5.00pm Beach Volleyball	5.00pm Westin Ride	5.00pm Zumba Class	5.00pm Sepak Raga	

## Kids activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10.30am Mug Painting	9.30am Nature Walk	10.30am Make your own mask	9.30am Bird watching	9.30am Nature Walk	9.30am Bird watching	9.30am Fun Kid Yoga
4.00pm Junior Chef Fruit Tattle	4.00pm T-Shirt Paintaing	4.00pm Batik Painting	4.00pm Face Paintnig Mosaic Sticker	3.00pm Batik Painting Mosaic Sticker	3.00pm Junior Chefs Cupcake Decoration	3.00pm Batik Painting
5.00pm Beach Activities	5.00pm Mug Painting	5.00pm Beach Activities	5.00pm Nail Polish Henna Tattoo	5.00pm Table Tennis Balloons	4.00pm T-shirt Painting	5.00pm Beach Activities