MONDAY

"Come and join our healthy and fun experience activities"

TIME

5PM

5PM

ACTIVITIES

5:15AM	Sunrise Walk*&**
8AM	Beach Clean Up***
9AM	Banana Boat*&**
9AM	Laya Laya Village Bicycle Tour*&**
10AM	Crazy Walkway
10AM	SUP Lesson*&**
1PM	Cooking Demo
3PM	Shoot The Target
5PM	Beach Volleyball
5PM	Beach Clean Up***

MEETING POINT

Discovery Centre **Discovery** Centre Watersports Centre Ocean Wing Activities Centre Garden Wing Pool Watersports Centre **Restaurant Outlet** Sunset Lawn **Beach Front Discovery** Centre

TUESDAY

"COME AND JOIN OUR HEALTHY AND FUN EXPERIENCE ACTIVITIES"

TIME **ACTIVITIES**

- 8AM Beach Clean Up***
- 9AM Banana Boat*&**
- 10AM Water Polo
- 10AM Kayak Lesson*&**
- 1PM Batik Canting***
- 3PM Foot Pool Challenge
 - **Beach Soccer**
 - Beach Clean Up***

MEETING POINT

Discovery Centre Watersports Centre Garden Wing Pool Watersports Centre **Discovery Centre** Garden Wing Pool **Beach** Front **Discovery Centre**

> SHANGRI-LA RASA RIA KOTA KINABALU

Please call the Spa and Recreation Information Centre at Ext. 8005 for more information or to make bookings.

* Chargeable activities

** Advance booking is required.

*** Guests are welcome to join the Beach Clean Up at any time after the designated time. Biodegradable plastic bags are provided at the Pool Towel Counters in both the Garden Wing and the Ocean Wing, at the Watersports Centre, and the Discovery Centre.

Please note that activities are subject to change due to response, sea and weather conditions.

WEDNESDAY "Come and join our healthy and fun experience activities"

IME	ACTIVITIES
5:15AM	Sunrise Walk ^{*&**}
6AM	Hatha Yoga <mark>*</mark> &**
7:30AM	SUP Yoga ^{*&**}
BAM	Beach Clean Up***
PAM	Banana Boat ^{*&**}
PAM	Laya Laya Village
	Bicycle Tour ^{*&**}
IOAM	H2O Exercise
10:30AM	Wildlife Wednesday

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TIME

MEETING POINT Discovery Centre Infront of Gym Ocean Wing Pool **Discovery Centre** Watersports Centre **OW** Activities Centre

Garden Wing Pool **Discovery** Centre

TIME	ACTIVITIES
1PM	Cooking Demo
3PM	Catamaran Lesson*&**
3PM	Crazy Ball
4:45PM	Kids SUP Yoga ^{*&**}
5PM	Beach Volleyball
5PM	Beach Clean Up***
5:30PM	Sunset SUP Yoga*&**

MEETING POINT

Restaurant Outlet Watersports Centre Sunset Lawn Garden Wing Pool **Beach** Front **Discovery Centre** Garden Wing Pool

THURSDAY

"Come and join our healthy and fun experience activities"

ACTIVITIES

8AM	Beach Clean Up***
9AM	Banana Boat*&**
10AM	Crocodile Farm Bicycle Tour*&**
10AM	Crazy Ball
10AM	SUP Lesson ^{*&**}
1PM	Batik Canting*&**
3PM	Angry Bird Shooter
5PM	Lawn Soccer
5PM	Beach Clean Up***

Beach Clean Up***

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MEETING POINT

Discovery Centre Watersports Centre Ocean Wing Activities Centre Sunset Lawn Watersports Centre **Discovery** Centre Sunset Lawn Sunset Lawn **Discovery** Centre



FRIDAY

"Come and join our healthy and fun experience activities"

TIME	ACTIVITIES	MEETING POINT	TIME
5:15AM	Sunrise Walk*&**	Discovery Centre	1PM
8AM	Beach Clean Up***	Discovery Centre	3PM
9AM	Bajau Samah Bicycle Tour*&	**Ocean Wing Activities Centre	3PM
9AM	Banana Boat*&**	Watersports Centre	5PM
10AM	Crazy Golf	Sunset Lawn	5PM

ACTIVITIES Cooking Demo Slingshot Challenge Windsurfing Lesson Beach Volleyball Beach Clean Up***

MEETING POINT

Restaurant Outlet Sunset Lawn Watersports Centre Beach Front Discovery Centre

SATURDAY

"Come and join our healthy and fun experience activities"

TIME 6AM 7:30AM 8AM 9AM 10AM 10AM ACTIVITIES Hatha Yoga*&** SUP Yoga*&** Beach Jogging Banana Boat*&** Water Polo SUP Lesson*&** MEETING POINT Infront of Gym Ocean Wing Pool Gym Watersports Centre Garden Wing Pool Watersport Centre

TIME	ACTIVITIES	MEETING POINT
2PM	Slip & Slide	Sampan Bar
4PM	Water Gun War	Adventure Point
4:45PM	Kids SUP Yoga*&**	Garden Wing Pool
5PM	Beach Soccer	Beach Front
5:30PM	Sunset SUP Yoga*&**	Garden Wing Pool

SUNDAY

"Come and join our healthy and fun experience activities"

TIME 5:15AM 6AM 7:30AM 8AM 9AM 11AM

1PM

	ACTIVITIES	MEETING POINT
	Sunrise Walk*&**	Discovery Centre
	Hatha Yoga* <u>*</u> **	Wedding Pavilion
	SUP Yoga*&**	Ocean Wing Pool
	Sunday Tamu Bicycle Tour*&*	*Ocean Wing Activities Centre
	Banana Boat*&**	Watersports Centre
	Crazy Walkway	Garden Wing Pool
_	Batik Canting*&**	Discovery Centre

TIME	
3PM	
3PM	
4:45PM	
5PM	
5:30PM	

ACTIVITIES Coconut Bowling Catamaran Lesson*&** Kids SUP Yoga*&** Beach Volleyball Sunset SUP Yoga*&**

MEETING POINT

Sunset Lawn Watersports Centre Garden Wing Pool Beach Front Garden Wing Pool

SHANGRI-LA RASA RIA KOTA KINABALU

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