

MONDAY

“COME AND JOIN OUR HEALTHY AND FUN EXPERIENCE ACTIVITIES”

TIME

ACTIVITIES

MEETING POINT

5:15AM

Sunrise Walk*&**

Discovery Centre

8AM

Beach Clean Up***

Discovery Centre

9AM

Banana Boat*&**

Watersports Centre

9AM

Laya Laya Village Bicycle Tour*&**

Ocean Wing Activities Centre

10AM

Crazy Walkway

Garden Wing Pool

10AM

SUP Lesson*&**

Watersports Centre

1PM

Cooking Demo

Restaurant Outlet

3PM

Shoot The Target

Sunset Lawn

5PM

Beach Volleyball

Beach Front

5PM

Beach Clean Up***

Discovery Centre

TUESDAY

“COME AND JOIN OUR HEALTHY AND FUN EXPERIENCE ACTIVITIES”

TIME

ACTIVITIES

MEETING POINT

8AM

Beach Clean Up***

Discovery Centre

9AM

Banana Boat*&**

Watersports Centre

10AM

Water Polo

Garden Wing Pool

10AM

Kayak Lesson*&**

Watersports Centre

1PM

Batik Canting*&**

Discovery Centre

3PM

Foot Pool Challenge

Garden Wing Pool

5PM

Beach Soccer

Beach Front

5PM

Beach Clean Up***

Discovery Centre

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.



SHANGRI-LA
RASA RIA
KOTA KINABALU

WEDNESDAY

“COME AND JOIN OUR HEALTHY AND FUN EXPERIENCE ACTIVITIES”

TIME	ACTIVITIES	MEETING POINT	TIME	ACTIVITIES	MEETING POINT
5:15AM	Sunrise Walk*&**	Discovery Centre	1PM	Cooking Demo	Restaurant Outlet
6AM	Hatha Yoga*&**	Infront of Gym	3PM	Catamaran Lesson*&**	Watersports Centre
7:30AM	SUP Yoga*&**	Ocean Wing Pool	3PM	Crazy Ball	Sunset Lawn
8AM	Beach Clean Up***	Discovery Centre	4:45PM	Kids SUP Yoga*&**	Garden Wing Pool
9AM	Banana Boat*&**	Watersports Centre	5PM	Beach Volleyball	Beach Front
9AM	Laya Laya Village Bicycle Tour*&**	OW Activities Centre	5PM	Beach Clean Up***	Discovery Centre
10AM	H2O Exercise	Garden Wing Pool	5:30PM	Sunset SUP Yoga*&**	Garden Wing Pool
10:30AM	Wildlife Wednesday	Discovery Centre			

THURSDAY

“COME AND JOIN OUR HEALTHY AND FUN EXPERIENCE ACTIVITIES”

TIME	ACTIVITIES	MEETING POINT
8AM	Beach Clean Up***	Discovery Centre
9AM	Banana Boat*&**	Watersports Centre
10AM	Crocodile Farm Bicycle Tour*&**	Ocean Wing Activities Centre
10AM	Crazy Ball	Sunset Lawn
10AM	SUP Lesson*&**	Watersports Centre
1PM	Batik Canting*&**	Discovery Centre
3PM	Angry Bird Shooter	Sunset Lawn
5PM	Lawn Soccer	Sunset Lawn
5PM	Beach Clean Up***	Discovery Centre

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FRIDAY

“COME AND JOIN OUR HEALTHY AND FUN EXPERIENCE ACTIVITIES”

TIME	ACTIVITIES	MEETING POINT	TIME	ACTIVITIES	MEETING POINT
5:15AM	Sunrise Walk*&**	Discovery Centre	1PM	Cooking Demo	Restaurant Outlet
8AM	Beach Clean Up***	Discovery Centre	3PM	Slingshot Challenge	Sunset Lawn
9AM	Bajau Samah Bicycle Tour*&**	Ocean Wing Activities Centre	3PM	Windsurfing Lesson	Watersports Centre
9AM	Banana Boat*&**	Watersports Centre	5PM	Beach Volleyball	Beach Front
10AM	Crazy Golf	Sunset Lawn	5PM	Beach Clean Up***	Discovery Centre

SATURDAY

“COME AND JOIN OUR HEALTHY AND FUN EXPERIENCE ACTIVITIES”

TIME	ACTIVITIES	MEETING POINT	TIME	ACTIVITIES	MEETING POINT
6AM	Hatha Yoga*&**	Infront of Gym	2PM	Slip & Slide	Sampan Bar
7:30AM	SUP Yoga*&**	Ocean Wing Pool	4PM	Water Gun War	Adventure Point
8AM	Beach Jogging	Gym	4:45PM	Kids SUP Yoga*&**	Garden Wing Pool
9AM	Banana Boat*&**	Watersports Centre	5PM	Beach Soccer	Beach Front
10AM	Water Polo	Garden Wing Pool	5:30PM	Sunset SUP Yoga*&**	Garden Wing Pool
10AM	SUP Lesson*&**	Watersport Centre			

SUNDAY

“COME AND JOIN OUR HEALTHY AND FUN EXPERIENCE ACTIVITIES”

TIME	ACTIVITIES	MEETING POINT	TIME	ACTIVITIES	MEETING POINT
5:15AM	Sunrise Walk*&**	Discovery Centre	3PM	Coconut Bowling	Sunset Lawn
6AM	Hatha Yoga*&**	Wedding Pavilion	3PM	Catamaran Lesson*&**	Watersports Centre
7:30AM	SUP Yoga*&**	Ocean Wing Pool	4:45PM	Kids SUP Yoga*&**	Garden Wing Pool
8AM	Sunday Tamu Bicycle Tour*&**	Ocean Wing Activities Centre	5PM	Beach Volleyball	Beach Front
9AM	Banana Boat*&**	Watersports Centre	5:30PM	Sunset SUP Yoga*&**	Garden Wing Pool
11AM	Crazy Walkway	Garden Wing Pool			
1PM	Batik Canting*&**	Discovery Centre			

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