



DAILY ACTIVITIES SCHEDULE

START TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM	Beach Bootcamp <i>Miramar North Lawn</i>	Cycling Tour <i>Activities Center</i>	SUP Tour <i>Activities Center</i>	Cycling Tour <i>Activities Center</i>	SUP Tour <i>Activities Center</i>	SUP Tour <i>Activities Center</i>	Cardio Kickboxing <i>Miramar North Lawn</i>
	SUP Tour <i>Activities Center</i>						SUP Tour <i>Activities Center</i>
10:00 AM		Yoga <i>Miramar South Lawn</i>	Aqua Zumba <i>North Pool</i>				Yoga <i>Miramar South Lawn</i>
11:00 AM	Bird Interaction <i>Bird Garden</i>	Bird Interaction <i>Bird Garden</i>	Bird Interaction <i>Bird Garden</i>		Bird Interaction <i>Bird Garden</i>	Bird Interaction <i>Bird Garden</i>	Bird Interaction <i>Bird Garden</i>
11.30 AM	Beach Tennis <i>Shocoland Area</i>	Bocci Ball <i>Miramar South Lawn</i>	Make Your Own Aloe Scrub <i>Eforea Spa</i>	Beach Tennis <i>Shocoland Area</i>	Pool Aerobics <i>North Pool</i>	Make Your Own Aloe Scrub <i>Eforea Spa</i>	Pool Aerobics <i>North Pool</i>
1:00 PM	Bingo <i>North Pool \$5/card – 4 games</i>	Bingo <i>North Pool \$5/card – 4 games</i>	Bingo <i>North Pool \$5/card – 4 games</i>	Bingo <i>North Pool \$5/card – 4 games</i>	Bingo <i>North Pool \$5/card – 4 games</i>	Bingo <i>North Pool \$5/card – 4 games</i>	Bingo <i>North Pool \$5/card – 4 games</i>
3:00 PM	Pool Volleyball <i>North Pool</i>	Bobbing for Sodas <i>North Pool</i>	Ping Pong Games <i>Shocoland Area</i>	Float Race <i>North Pool</i>	Archery <i>Shocoland Area</i>	Pool Volleyball <i>North Pool</i>	Pool Volleyball <i>North Pool</i>
5:00 PM	Salsa & Merengue Workshop <i>North Pool</i>		Manager's Cocktail Party <i>Mirasolo</i>				

Activities are weather permitting and may be subject to change without prior notice. Highlighted activities in blue, require sign up at the Activities Center.

For more information, call resort extension 6525 or send an email to auahh_poolandbeachservices@hilton.com