



the bodyholiday®
LeSPORT

Activities Schedule

Please note that this schedule is a general guide to activities at the resort. Once on site, remember to view the Activities Board in the Clubhouse for the latest information on all activities.

Saturday

Time:	Activity:	Location:
07:00-08:30	Morning Walk to Cas En Bas - Intermediate	Welcome Gazebo
07:15-07:45	A BodySPIN Beginners	ClubHouse
08:30-13:30	S 2 Tank Boat Dive	Scuba
09:00-09:45	A Introduction to Golf	Coubaril Valley
09:00-11:00	A One on one Personal Training (½ hr sessions)	Gym
09:15-10:00	The Body Stretch	Fitness Studio
10:00-10:45	The Body Tone	Fitness Studio
10:00-10:45	A Elementary Golf	Coubaril Valley
10:00-11:00	The BodyHoliday Welcome Tour	Concierge
10:00-12:00	Intermediate Skiing	Water sports
11:00-11:45	A Intermediate Golf	Coubaril Valley
11:00-12:30	W Introduction to Windsurfing	Water Sports
11:00-11:50	Aqua Fun	ClubHouse Pool
12:00-13:00	Tubing	Water Sports
12:00-13:00	Water Volleyball	ClubHouse Pool
12:00-13:00	Archery Tournament	Coubaril Valley
14:00-16:00	W Sailing Lessons	Water Sports
14:00-15:00	S Certified Scuba	Scuba
15:00-15:45	On the Ball	Fitness Studio
15:00-15:45	Aqua Fun	ClubHouse Pool
14:00-15:00	Tubing	Water Sports
15:00-17:00	Intermediate Skiing	Water Sports
16:00-16:55	FITNESS YOGA	Fitness Studio
16:30-17:30	Beach Volleyball	Beach
17:00-18:00	Meditation	Fitness Studio

Activities marked with "A", "O", "W" & "S", Can all be booked one day in advance.
Please Book; A at Activities Desk, O at Oasis Desk, W at Water Sports Hut and S at Scuba.

Sunday

Time:	Activity:	Location:
07:00-08:30	Morning Walk to Pigeon Island (All Levels)	Welcome Gazebo
07:00-08:00	Bicycling Tour to Pigeon Island	Welcome Gazebo
09:15-10:00	The Body Stretch	Fitness Studio
10:00-12:00	Intermediate Skiing	Water Sports
10:00-17:00	Snorkelling & Kayaking	Water Sports
10:00-10:55	FITNESS YOGA	Fitness Studio
11:00-11:55	The Body Circuit	Fitness Studio
11:00-11:50	Aqua Fun	ClubHouse Pool
12:00-13:00	Tubing	Water Sports
12:00-13:30	Water Volleyball Competition	ClubHouse Pool
14:00-15:00	S Certified Scuba Shore Dive	Scuba
14:00-15:00	Table Tennis Tournament	Clubhouse
14:00-15:00	Tubing	Water Sports
14:30-15:00	Lucian Style - Dance Fun	ClubHouse
15:00-15:30	Absolution	Fitness Studio
15:00-17:00	Intermediate Skiing	Water Sports
16:30-17:30	Beach Volleyball	Beach
16:30-17:15	The BodyHoliday Welcome Tour	Concierge

Activities marked with "A", "O", "W" & "S", Can all be booked one day in advance.
Please Book; A at Activities Desk, O at Oasis Desk, W at Water Sports Hut and S at Scuba.

Monday

Time:	Activity:	Location:
07:00-07:45	Morning Walk to Mount Du Cap (All Levels)	Welcome Gazebo
07:00-08:00	Tai Chi	Coubaril Valley
07:15-08:00	A BodySPIN	ClubHouse
08:00-09:00	O BodyHoliday Circus Sports	Clubhouse Lawn
08:00-09:10	Yoga	Fitness Studio
08:15-09:00	A Introduction to Golf	Coubaril Valley
09:00-09:45	Introduction to Tennis	Coubaril Valley
09:00-12:00	S Introduction to Scuba	Scuba
09:00-09:45	A Elementary Golf Lesson	Coubaril Valley
09:00-11:00	A One on one Personal Training (½ hr sessions)	Gym
09:15-10:00	The Body Stretch	Fitness Studio
09:15-10:00	Introduction to Archery	Coubaril Valley
09:30-10:30	S Certified Card Holders Scuba	Scuba
10:00-12:00	Intermediate Skiing	Water Sports
10:00-10:45	A Introduction to Golf	Coubaril Valley
10:00-11:00	Body Burn	Fitness Studio
10:00-10:30	The BodyHoliday Welcome Tour	Concierge
10:00-10:45	Intermediate Tennis	Coubaril Valley
11:00-12:00	A Resistance Circuit Training	Gym
11:00-11:45	A Elementary Golf Lesson	Coubaril Valley
11:00-11:55	FITNESS YOGA	Fitness Studio
11:00-11:50	Aqua Fun	ClubHouse Pool
11:00-12:30	W Introduction to Windsurfing	Water Sports
12:00-12:45	Water Volleyball	ClubHouse Pool
12:00-13:00	Introduction to Fencing	Fitness Studio
12:00-13:00	Tubing	Water Sports
14:00-16:00	A One on one Personal Training ½ hr sessions	Gym
14:00-16:00	W Sailing Lessons	Water Sports
14:00-15:00	S Certified Scuba	Scuba
14:00-15:00	Tubing	Water Sports
14:00-14:45	A Intermediate Golf Lesson	Coubaril Valley
14:30-15:00	Lucian Style - Dance Fun	ClubHouse
15:00-16:00	The Body Circuit	Fitness Studio
15:00-17:00	W Intermediate Skiing	Water Sports
16:00-17:00	Pilates	Fitness Studio
16:00-17:00	Bicycling Tour to Cotton Bay	Welcome Gazebo
17:00-18:00	O BodyHoliday Circus Sports	Clubhouse Lawn
16:30-17:30	Beach Volleyball	Beach
17:00-18:00	Restorative Yoga	Fitness Studio

Activities marked with "A", "O", "W" & "S", Can all be booked one day in advance.
Please Book; A at Activities Desk, O at Oasis Desk, W at Water Sports Hut and S at Scuba.

Tuesday

Time:	Activity:	Location:
07:00-08:00	Bicycling Tour to Pigeon Island	Welcome Gazebo
07:00-08:30	Morning Walk to Cas En Bas - Intermediate	Welcome Gazebo
07:15-08:00	A BodySPIN	ClubHouse
07:15-11:00	A Golf Competition	Welcome Gazebo
07:00-08:00	Meditation	Fitness Studio
08:00-09:10	Yoga	Fitness Studio
08:00-09:00	O BodyHoliday Circus Sports	Clubhouse Lawn
08:15-09:00	A Introduction to Golf	Coubaril Valley
08:30-13:30	S Two Tank Boat Dive	Scuba
09:00-09:45	Introduction to Tennis	Coubaril Valley
09:00-12:00	S Introduction to Scuba	Scuba
09:15-10:00	Introduction to Archery	Coubaril Valley
09:00-09:45	A Elementary Golf Lesson	Coubaril Valley
09:00-11:00	A One on one Personal Training (½ hr sessions)	Gym
09:15-10:00	The Body Stretch	Fitness Studio
10:00-10:45	A Intermediate Golf Lesson	Coubaril Valley
10:00-10:45	On the Ball	Fitness Studio
10:00-10:45	Intermediate Tennis	Coubaril Valley
10:00-11:00	Intermediate Skiing	Water Sports
11:00-11:45	A Elementary Golf Lesson	Coubaril Valley
11:00-11:45	Dance Fun	Fitness Studio
11:00-11:50	Aqua Fun	ClubHouse Pool
11:00-12:30	W Skiing Lessons	Water Sports
12:00-13:00	Water Volleyball	ClubHouse Pool
12:00-13:00	Tubing	Water Sports
14:00-16:00	A One on one Personal Training (½ hr sessions)	Gym
14:00-16:00	W Sailing Lessons	Water Sports
14:00-14:45	A Intermediate Golf Lesson	Coubaril Valley
14:00-15:00	S Certified Scuba	Scuba
14:00-15:00	Tubing	Water Sports
14:30-15:00	Lucian Style - Dance Fun	ClubHouse
15:00-15:55	The Body Tone	Fitness Studio
15:15-16:00	Aqua Fun	ClubHouse Pool
15:00-17:00	W Intermediate skiing	Water Sports
16:00-16:45	Intermediate Archery	Coubaril Valley
16:00-17:00	Pilates	Fitness Studio
17:00-18:00	O BodyHoliday Circus Sports	Clubhouse Lawn
16:30-17:30	Beach Volleyball	Beach
16:30-17:15	The BodyHoliday Welcome Tour	Concierge
17:00-18:00	Advanced Restorative Yoga	Fitness Studio

Activities marked with "A", "O", "W" & "S", Can all be booked one day in advance.
Please Book; A at Activities Desk, O at Oasis Desk, W at Water Sports Hut and S at Scuba.

Wednesday

Time:	Activity:	Location:
07:00-08:15	Morning Walk to Golf Hill - Intermediate	Welcome Gazebo
07:00-08:00	Tai Chi	Coubaril Valley
07:15-07:45	A BodySPIN Beginners	ClubHouse
08:00-09:10	Yoga	Fitness Studio
08:00-09:00	O BodyHoliday Circus Sports	Clubhouse Lawn
08:15-09:00	A Introduction to Golf	Coubaril Valley
09:00-09:45	Introduction to Tennis	Coubaril Valley
09:00-11:00	A One on one Personal Training (½ hr sessions)	Gym
09:00-09:45	A Elementary Golf Lesson	Coubaril Valley
09:00-12:00	S Introduction to Scuba	Scuba
09:15-10:00	The Body Stretch	Fitness Studio
09:15-10:00	Introduction to Archery	Coubaril Valley
09:30-12:00	S Single tank Boat Dive	Scuba
10:00-10:45	A Elementary Golf Lesson	Coubaril Valley
10:00-10:55	Martial Fun	Fitness Studio
10:00-17:00	W Kayaking/Snorkelling	Water Sports
10:00-11:00	W Intermediate Skiing	Water Sports
10:00-10:30	The BodyHoliday Welcome Tour	Concierge
10:00-10:45	Intermediate Tennis	Coubaril Valley
11:00-11:45	A Intermediate Golf Lesson	Coubaril Valley
11:00-12:30	W Skiing Lesson	Water Sports
11:00-11:50	Aqua Fun	ClubHouse Pool
11:00-11:55	Martial Fun	Fitness Studio
12:00-12:45	Introduction to Fencing	Fitness Studio
12:00-13:00	Water Volleyball (BodyGuards v/s Guests)	ClubHouse Pool
12:30-13:00	Tubing	Water Sports
14:00-16:00	A One on one Personal Training ½ hr sessions	Gym
14:00-16:00	W Sailing Lesson	Water Sports
14:00-15:00	S Single Tank Boat Dive	Scuba
14:00-15:00	Tubing	Water Sports
14:00-14:45	A Intermediate Golf Lesson	Coubaril Valley
15:00-15:45	Step this way	Fitness Studio
15:00-16:00	Social Tennis Mix-In	Coubaril Valley
15:00-17:00	W Intermediate Skiing	Water Sports
15:15-16:00	Aqua Fun	ClubHouse Pool
16:00-17:00	A Resistance Circuit Training	Gym
16:00-16:45	Archery Tournament	Coubaril Valley
16:00-17:00	Pilates	Fitness Studio
17:00-18:00	O BodyHoliday Circus Sports	Clubhouse Lawn
16:30-17:30	Beach Volleyball	Beach
17:00-18:00	Yoga Flow	Fitness Studio

Activities marked with "A", "O", "W" & "S", Can all be booked one day in advance.
Please Book; A at Activities Desk, O at Oasis Desk, W at Water Sports Hut and S at Scuba.

Thursday

Time:	Activity:	Location:
07:00-07:45	Morning Walk to Mount Du Cap (All Levels)	Welcome Gazebo
07:15-08:00	A BodySPIN	ClubHouse
08:00-09:10	Yoga	Fitness Studio
08:00-09:00	O BodyHoliday Circus Sports	Clubhouse Lawn
08:15-09:00	A Introduction to Golf	Coubaril Valley
08:30-13:30	S 2 Tank Boat Dive	Scuba
09:00-09:45	Introduction to Tennis	Coubaril Valley
09:00-12:00	S Introduction to Scuba	Scuba
09:00-09:45	A Elementary Golf Lesson	Coubaril Valley
09:00-11:00	A One on One Personal Training (½ hr sessions)	Gym
09:15-10:00	Introduction to Archery	Coubaril Valley
09:15-10:00	The Body Stretch	Fitness Studio
10:00-10:50	The Body Tone	Fitness Studio
10:00-10:30	The BodyHoliday Welcome Tour	Concierge
10:00-10:45	A Introduction to Golf	Coubaril Valley
10:00-12:00	Intermediate Skiing	Water Sports
10:00-12:00	Tennis Tournament	Coubaril Valley
11:00-11:50	Aqua Fun	ClubHouse Pool
11:00-11:45	BodyMetrics	Fitness Studio
11:45-12:15	Absolution	Fitness Studio
11:00-11:45	A Elementary Golf Lesson	Coubaril Valley
11:00-12:30	W Introduction to Windsurfing	Water Sports
12:00-13:00	Water Volleyball	ClubHouse Pool
12:00-13:00	Tubing	Water Sports
14:00-16:00	A One on one Personal Training ½ hr sessions	Gym
14:00-16:00	W Sailing Lessons	Water Sports
14:00-15:00	S Certified Scuba	Scuba
14:00-15:00	Tubing	Water Sports
14:00-14:45	A Intermediate Golf Lesson	Coubaril Valley
14:30-15:00	Lucian Style - Dance fun	ClubHouse
15:00-17:00	W Intermediate Skiing	Water Sports
15:00-15:55	FITNESS YOGA	Fitness Studio
15:15-16:00	Aqua Fun	ClubHouse Pool
16:00-17:00	Pilates	Fitness Studio
16:00-17:00	Bicycling Tour to Cotton Bay	Welcome Gazebo
16:30-17:30	Beach Volleyball	Beach
17:00-18:00	Meditation	Fitness Studio

Activities marked with "A", "O", "W" & "S", Can all be booked one day in advance.
Please Book; A at Activities Desk, O at Oasis Desk, W at Water Sports Hut and S at Scuba.

Friday

Time:	Activity:	Location:
07:00-08:15	Morning Walk to Golf Hill - Intermediate	Welcome Gazebo
07:00-08:00	Meditation	Fitness Studio
07:00-08:00	Tai Chi	Coubaril Valley
07:15-11:00	A Golf Competition	Concierge
07:00-08:00	A BodySPIN MAX	ClubHouse
08:00-09:10	Yoga Flow	Fitness Studio
08:00-09:00	O BodyHoliday Circus Sports	Clubhouse Lawn
08:15-09:00	A Introduction to Golf	Coubaril Valley
09:00-09:45	Introduction to Tennis	Coubaril Valley
09:00-12:00	S Introduction to Scuba	Scuba
09:00-10:00	A Resistance Circuit Training	Gym
09:00-09:45	A Elementary Golf Lesson	Coubaril Valley
09:15-10:00	Introduction to Archery	Coubaril Valley
09:15-10:00	The Body Stretch	Fitness Studio
09:30-12:00	S Single Tank Boat Dive	Scuba
10:00-12:00	A One on one Personal Training (½ hr sessions)	Gym
10:00-10:45	A Introduction to Golf	Coubaril Valley
10:00-10:30	The BodyHoliday Welcome Tour	Concierge
10:00-10:55	On the Ball	Fitness Studio
10:00-10:45	Intermediate Tennis	Coubaril Valley
10:00-11:00	W Intermediate Skiing	Water Sports
11:00-11:45	A Elementary Golf Lesson	Coubaril Valley
11:00-11:55	Martial Fun	Fitness Studio
11:00-11:55	Aqua Fun	Clubhouse Pool
11:00-12:30	W Skiing Lessons	Water Sports
12:00-12:45	Introduction to Fencing	Fitness Studio
12:00-13:00	Water Volleyball	ClubHouse Pool
12:30-13:00	Tubing	Water Sports
14:00-16:00	W Sailing Lessons	Water Sports
14:00-15:00	S Single Tank Boat Dive	Scuba
14:00-15:00	Tubing	Water Sports
14:00-14:45	A Intermediate Golf Lesson	Coubaril Valley
14:30-15:00	Lucian Style - Dance Fun	ClubHouse
15:00-15:45	Dance Fun	Fitness Studio
15:00-15:45	Intermediate Archery	Coubaril Valley
15:00-17:00	W Intermediate Skiing	Water Sports
15:15-16:00	Aqua Fun	ClubHouse Pool
16:00-17:00	Pilates	Fitness Studio
17:00-18:00	O BodyHoliday Circus Sports	Clubhouse Lawn
17:00-18:00	The BodyHoliday Welcome Tour	Concierge

Activities marked with "A", "O", "W" & "S", Can all be booked one day in advance.
Please Book; A at Activities Desk, O at Oasis Desk, W at Water Sports Hut and S at Scuba.

Thanks you for joining us
during your holiday here.

We hope that your stay was truly enjoyable and
we look forward to seeing you next time.

the bodyholiday.
LeSPORT

Caribblue Beach, Cap Estate
P.O. Box 437, Castries, St Lucia
Tel. +1 758-457-7800
Fax. +1 758-450-0368
lesport@thebodyholiday.com
www.thebodyholiday.com