Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am - 8.00am	*Sunrise Fishing Marine Centre (min.4pax)	Ċ,	()	*Sunrise Fishing Marine Centre (min.4pax)	Ö	Ċ)	*Sunrise Fishing Marine Centre (min.4pax)
9.30am - 10.30am	Q	*Discover Snorkeling Marine Centre	Ü	*Discover Snorkeling Marine Centre	()	*Discover Snorkeling Marine Centre	*Manta Excursion Marine Centre 9.30am-12.00pm (min.4pax)
10.00am - 11.00am	* Group Snorkeling Marine Centre (min.4pax)	Ö	*Group Snorkeling Marine Centre (min.4pax)	*Manta Excursion Marine Centre 9.30am-12.00pm (min.4pax)	Ċ)	*Group Snorkelling Marine Centre (min.4pax)	Ö
11.00am -12.00pm	TRX Suspension Training Fitness Center	Ċ)	Ċ)	HIIT Workout (Body Conditioning) Fitness Center	Weight/Strength Training Fitness Center	Abs & Core Workout Fitness Center	Functional Cross Fit Fitness Center
1.00pm – 3.00pm	*A Culinary Journey	*A Culinary Journey	*A Culinary Journey	*A Culinary Journey	*A Culinary Journey	*A Culinary Journey	*A Culinary Journey
2.00pm - 4.00pm	Ö	*Adventure Snorkeling Marine Centre	()	Ø	*Adventure Snorkeling Marine Centre 2.30pm-4.30pm	Ö	*Adventure Snorkeling Marine Centre
3.00pm - 4.00pm	Tea Presentation with Tea Sommelier Collective	Ċ)	Body Combat Fitness Center	Ü	Tea Presentation with Tea Sommelier Collective	Ğ	*Discover Snorkeling Marine Centre
	*Discover Snorkeling Marine Centre		*Discover Snorkeling Marine Centre		*Discover Snorkeling Marine Centre		
4.00pm - 4.30pm	Č)	Marine Life Retreat	Ü	Close Up with Manta Trust Retreat	Bodubero Drumming Collective	Corals and Climate Reef Restoration Retreat	Close up with Manta Trust Retreat
4.30pm - 5.30pm	Beach Boot Camp Café Beachfront 4.30pm-5.15pm	*Secret of Cocktail Art with Head Mixologist Pool Bar	Ö	Flexibility Exercise Fitness Center	Couple Cross Fit Fitness Center 4.30pm-5.15pm	Beach Boot Camp Café Beachfront 4.30pm-5.15pm	HIIT Fitness Café Umi Beachfront 4.30pm-1.15pm
5.00pm - 6.00pm	Ö	*Dolphin Cruise Marine Centre 5.30pm-7.30pm	Ö	*Island Painting Lighthouse Beachfront	Ö	*Dolphin Cruise Marine Centre 5.30pm-7.30pm	*Sunset Fishing Marine Centre 5.30pm-7.30pm
6.00pm - 8.00pm Please check time allocation for each	*Sunset Fishing Marine Centre 6.00pm-8.00pm	0	*Sunset Cruise Marine Centre 6.15pm-7.15pm	Ö	*Sunset Fishing Marine Centre 6.00pm-8.00pm	<i>(</i> •	
activity listed.	*Sunset Cruise Recreation 6.00pm-7.30pm		*Sunset Fishing Marine Centre 6.00pm-8.00pm	Ċ)	*Sunset Cruise Recreation 6.00pm-7.30pm		
9.00pm	Movie Under The Stars Café Umi Beachfront	Ü	*Night Snorkeling Marine Centre 7.30pm-8.30pm	Movie Under The Stars Café Umi Beachfront	Football Game Multi-Purpose Court 9.30pm-10.30pm	Ö	Ö

*Activities highlighted may be enjoyed at a nominal fee bookable through your Island Curators. Kindly be informed that all activities at Lighthouse are subject to weather conditions.