



MOMENTS THAT STAY WITH YOU

Every day brings a new opportunity to discover, rejuvenate & delight.

From mindful mornings by the sea to joyful afternoons of play and creativity, our curated experiences invite you to create lasting memories.



Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07:30 – 08:30	Yoga (Restaurant Garden)	Pilates (Restaurant Garden)	Yoga (Restaurant Garden)	Pilates (Restaurant Garden)	Yoga (Restaurant Garden)	Pilates (Restaurant Garden)	Yoga (Restaurant Garden)
10:00 – 10:30	Pétanque (Restaurant Garden)	Herb Garden Tour (Lobby)	Pétanque (Restaurant Garden)	Herb Garden Tour (Lobby)	Pétanque (Restaurant Garden)	Herb Garden Tour (Lobby)	Pétanque (Restaurant Garden)
10:30 – 11:00	HIIT Workout (Restaurant Garden)	Badminton (Beach)	HIIT Workout (Restaurant Garden)	Badminton (Beach)	HIIT Workout (Restaurant Garden)	Badminton (Beach)	Badminton (Beach)
11:00 – 11:30	Darts (Restaurant Garden)	Volleyball (Beach)	Darts (Restaurant Garden)	Volleyball (Beach)	Darts (Restaurant Garden)	Volleyball (Beach)	Darts (Restaurant Garden)
11:30 – 12:00	Boxing Studio (Restaurant Garden)	Boxing Studio (Restaurant Garden)	Boxing Studio (Restaurant Garden)	Boxing Studio (Restaurant Garden)	Boxing Studio (Restaurant Garden)	Boxing Studio (Restaurant Garden)	Boxing Studio (Restaurant Garden)
13:30 – 14:30	Camel Ride (Beach)	Speedball (Beach)	Camel Ride (Beach)	Camel Ride (Beach)	Camel Ride (Beach)	Pottery Making (Pergola)	Camel Ride (Beach)
14:45 – 15:30	Sand Art (Pergola)	Henna Art (Pergola)	Basic Diving (Swimming Pool)	Speedball (Beach)	Sand Art (Pergola)	Henna Art (Pergola)	Basic Diving (Swimming Pool)
15:30 – 16:15	Masala Tea Experience (Bar)	Beach Tennis (Beach)	Cooking Class (Main Restaurant)	Beach Tennis (Beach)	Masala Tea Experience (Bar)	Cooking Class (Main Restaurant)	Afternoon Flow Stretch (Restaurant Garden)
16:15 – 17:00	Boxing Studio (Beach)	Boxing Studio (Beach)	Boxing Studio (Beach)	Boxing Studio (Beach)	Boxing Studio (Beach)	Boxing Studio (Beach)	Boxing Studio (Beach)

To reserve your experience, please contact the concierge desk on extension 0.
The above schedulable activities may be subject to change due to unforeseen circumstances.

Best Luxury Hotel Group

Oberoi Hotels & Resorts has been voted the Best Luxury Hotel Group in the World at E-Times Travel Awards, UK 2025.