



JUMBY BAY ISLAND  
ANTIGUA - WEST INDIES

## *Weekly* ACTIVITIES

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We are delighted to have you as our guest and share with you daily experiences and ideas for each day of the week.

To ensure that we adhere to physical distancing protocols we will have limited seating available for the activities. Therefore, reservations are mandatory for each activity as well as each meal period.

Please contact the Concierge team by dialing '0', who will be delighted to make the arrangements for you and your family.

MONDAY

**YOGA**

8:00 am – 9:00 am

**MORNING STRETCH**

10:00 am – 10:45 am

**ADULT'S TENNIS CLINIC**

10:00 am – 11:00am

**SNORKELLING TRIP**

10:30 am – 12:30 pm 2:00 pm – 4:00 pm

**CHILDREN'S TENNIS CLINIC**

3:00 pm – 4:00 pm

**AFTERNOON TEA AT VERANDA BAR**

4:00 pm – 5:00 pm

**RUM TASTING  
AT ESTATE HOUSE**

4:30 pm – 5:30 pm

**THE VERANDA**

6:30 pm – 9:30 pm

**THE ESTATE HOUSE**

6:30 pm – 9:30 pm

**JAZZ & RUM NIGHT WITH LIVE MUSIC  
AT 1830 BAR OF THE ESTATE HOUSE**

9:00 pm – 11:00 pm

TUESDAY

**AQUAROBICS**

10:00 am – 10:45 am

**CIRCUMNAVIGATION**

10:30 am – 11:15 am

**CIRCUMNAVIGATION**

2:00 pm – 2:45 pm

**DANCE FIT**

3:00 pm – 3:45 pm

**AFTERNOON TEA AT VERANDA BAR**

4:00 pm – 5:00 pm

**"RUM VOYAGE" AT THE BEACH SHACK**

5:00 pm to sunset

**THE VERANDA**

6:30 pm – 9:30 pm

**THE ESTATE HOUSE**

6:30 pm – 9:30 pm

WEDNESDAY

**NATURE WALK**

9:30 am – 10:30 am

**MORNING STRETCH**

10:00 am – 10:45 am

**SNORKELLING TRIP**

10:30 am – 12:30 pm 2:00 pm – 4:00 pm

**AFTERNOON TEA AT VERANDA BAR**

4:00 pm – 5:00 pm

**YOGA**

5:00 pm – 6:00 pm

**WEST INDIAN HANGOUT  
AT THE POOL GRILL POINT**

Cocktails: 6:00 pm – 7:00 pm

Dinner: 7:00 pm – 9:30 pm

**THE VERANDA**

6:30 pm – 9:30 pm

THURSDAY

**AQUAROBICS**

10:00 am – 10:45 am

**KAYAKING TOUR**

10:30 am – 12:00 pm

**DANCE FIT**

3:00 pm – 3:45 pm

**AFTERNOON TEA AT VERANDA BAR**

4:00 pm – 5:00 pm

**ISLAND DISCOVERY COOKING  
CLASS AT THE VERANDA**

4:00 pm – 5:00 pm

**DINNER AT THE FARM**

Cocktails: 6:00 pm – 7:00 pm

Dinner: 7:00 pm – 9:30 pm

**THE VERANDA**

6:30 pm – 9:30 pm

FRIDAY

**YOGA**

8:00 am – 9:00 am

**SNORKELLING TRIP**

10:30 am – 12:30 pm 2:00 pm – 4:00 pm

**RS SAILING REGATTA**

3:00 pm – 5:00 pm

**AFTERNOON TEA AT VERANDA BAR**

4:00 pm – 5:00 pm

**GIN & GOLF AT THE POOL GRILL POINT**

4:30 pm to 5:30 pm

**THE VERANDA**

6:30 pm – 9:30 pm

**THE ESTATE HOUSE**

6:30 pm – 9:30 pm

SATURDAY

**CIRCUMNAVIGATION**

10:30 am – 11:15 am

**CIRCUMNAVIGATION**

2:00 pm – 2:45 pm

**BEACH VOLLEYBALL**

4:00 pm – 5:00 pm

**AFTERNOON TEA AT VERANDA BAR**

4:00 pm – 5:00 pm

**ROSE & BEER  
ON THE SAND BANK OF THE POOL GRILL**

5:00 pm to sunset

**THE VERANDA**

6:30 pm – 9:30 pm

**THE ESTATE HOUSE**

6:30 pm – 9:30 pm

SUNDAY

**GROUP SOUND THERAPY**

8:00 am – 9:00 am

**KAYAKING TOUR**

10:30 am – 12:00 am

**AFTERNOON TEA AT VERANDA BAR**

4:00 pm – 5:00 pm

**WINE TASTING**

5:00 pm – 6:00 pm

**WHITE NIGHT BEACH BBQ**

7:00 pm – 9:30 pm  
(Live entertainment from 7:00 pm)

**THE ESTATE HOUSE**

6:30 pm – 9:30 pm

For all watersport's activities, sign up can be done at the Concierge Desk, and guests are kindly asked to meet at 22 Knots, The Jumby Bay Watersports 10-15mins prior to event time.

For all fitness activities, guests are kindly asked to reserve by contacting the Spa by dialing 4423/4424. All activities will be hosted at the Yoga Pavilion. Maximum of 4 pax.

Aquarobics will be hosted at the Pool Grille. Maximum of 8pax. For the Nature Walk guests are kindly asked to meet at the Concierge Desk. Maximum of 4 pax.