



JUMBY BAY ISLAND
ANTIGUA - WEST INDIES

Weekly ACTIVITIES

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

To ensure that we adhere to the physical distancing protocols we 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 - 11:00am

ADULT'S TENNIS CLINIC

10:00 am - 11:00 am

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 THE 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

TUESDAY

BARRE BODY

8:00 am - 8:45 am

AQUAROBICS

10:00 am - 10:45am

CIRCUMNAVIGATION

10:30 am - 11:15 am

2:00 pm - 2:45 pm

CORE MAX

3:00 pm - 3:45 pm

AFTERNOON TEA AT VERANDA BAR

4:00 pm - 5:00 pm

**WINE DOWN MANAGER'S COCKTAIL AT
THE VERANDA BAR & LOUNGE**

6:00 pm to 7:00 pm

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 - 10:45am

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
GRILLE**

Cocktails: 6:00 pm - 7:00pm

Dinner: 7:00 pm - 9:30 pm

(Live Entertainment)

THE VERANDA

6:30 pm - 9:30 pm

THE ESTATE HOUSE

Closed

THURSDAY

BARRE BODY

8:00 am - 8:45 am

AQUAROBICS

10:00 am - 10:45am

KAYAKING TOUR

10:30 am - 12:00 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 - 7:00pm

Dinner: 7:00 pm - 9:30 pm

(Live Entertainment)

THE VERANDA

6:30 pm - 9:30 pm

THE ESTATE HOUSE

Closed

FRIDAY

YOGA

8:00 am - 9:00 am

SNORKELLING TRIP

10:30 am - 12:30 pm

2:00 pm - 4:00 pm

DANCE FIT

3:00 pm - 3:45 pm

RS SAILING REGATTA

3:00 pm - 5:00 pm

AFTERNOON TEA AT VERANDA BAR

4:00 pm - 5:00 pm

"RUM VOYAGE" AT THE BEACH SHACK

5:30 pm to sunset

(Live Entertainment)

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

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

ROSÉ & BEER

ON THE SAND BANK OF THE POOL GRILLE

5:30 pm - 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 pm

AFTERNOON TEA AT VERANDA BAR

4:00 pm - 5:00 pm

WINE TATSING

5:00 pm - 6:00 pm

WHITE NIGHT BEACH BBQ

7:00 pm - 9:30 pm

(Live Entertainment)

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.