



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.

As limited space is available, please contact the Concierge team by dialing '0', who will be delighted to make the arrangements for you and your family.

Please also note that the activities are subject to change.



DAILY

BREAKFAST

THE VERANDA
7:00 am – 10:30 am

LUNCH

THE POOL GRILLE
11:30 am - 3:00 pm

THE VERANDA
12:30 pm – 4:00 pm

AFTERNOON TEA AT THE VERANDA BAR
4:00 pm – 5:00 pm

DINNER

THE VERANDA
6:30 pm – 9:30 pm

IN ROOM DINING

7:00 am – 10:00 pm

BARS

THE POOL GRILLE BAR
10:00 am – 5:00 pm

GENNY'S BAR
10:00 am – Sunset

THE VERANDA BAR
10:00 am – 11:00 pm

1830 BAR
6:00 pm – 11:00 pm
(on Estate House opening evenings only)



MONDAY

MORNING YOGA

8:15 am – 9:00 am

MORNING STRETCH

10:00 am – 10:45 am

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

FUNCTIONAL TRAINING

3:30 pm – 4:00 pm

AFTERNOON TEA AT THE VERANDA BAR

4:00 pm – 5:00 pm

RUM HISTORY & TASTING

AT THE ESTATE HOUSE

4:30 pm – 5:30 pm

MAT PILATES

5:15 pm – 6:00 pm

THE VERANDA

6:30 pm – 9:30 pm

THE ESTATE HOUSE

6:30 pm – 9:30 pm



TUESDAY

MORNING STRETCH

8:15am - 9:00am

AQUA FIT

10:00 am - 10:45 am

CIRCUMNAVIGATION

10:30 am - 11:15 am

2:00 pm - 2:45 pm

CORE MAX

3:30 pm - 4:00 pm

AFTERNOON TEA AT THE VERANDA

BAR 4:00 pm - 5:00 pm

SOUNDBATH MEDITATION

5:15 pm - 6:00 pm

GUESTS, MANAGEMENT & OWNERS
WINE DOWN AT THE VERANDA BAR

6:00 pm - 7:00 pm

THE VERANDA

6:30 pm - 9:30 pm

THE ESTATE HOUSE

6:30 pm - 9:30 pm



WEDNESDAY

MAT PILATES

8:15 am – 9:00 am

NATURE WALK

9:30 am – 10:30 am

SNORKELLING TRIP

10:30 am – 12:30 pm

2:00 pm – 4:00 pm

AFTERNOON TEA AT THE VERANDA BAR

4:00 pm – 5:00 pm

YOGA NIDRA

5:15 pm – 6:00 pm

WEST INDIAN HANGOUT AT THE POOL GRILLE

Dinner: 6:30 pm – 9:30 pm

(Live Entertainment)

THE VERANDA

6:30 pm – 9:30 pm

THE ESTATE HOUSE

Closed



THURSDAY

ZEN ABS

8:15 am – 9:00 am

AQUA FIT

10:00 am – 10:45 am

KAYAKING TOUR

10:30 am – 12:00 pm

POWER YOGA

5:15 pm – 6:00 pm

ISLAND DISCOVERY COOKING DEMONSTRATION
AT THE VERANDA DISPLAY KITCHEN

4:00 pm – 5:00 pm

BEACH CRICKET

4:00 pm – 5:00 pm

AFTERNOON TEA AT THE VERANDA BAR

4:00 pm – 5:00 pm

DINNER AT THE FARM

Dinner: 7:00pm – 9:00 pm

(Live Entertainment)

THE VERANDA

6:30 pm – 9:30 pm

THE ESTATE HOUSE

Closed



FRIDAY

RESTORATIVE YOGA

8:15 am – 9:00 am

MORNING STRETCH

10:00 am – 10:45 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 THE 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



SATURDAY

POWER YOGA

8:15 am – 9:00 am

AQUA FIT

10:00 am - 10:45 am

CIRCUMNAVIGATION

10:30 am - 11:15 am

2:00 pm - 2:45 pm

BEACH VOLLEYBALL

4:00 pm – 5:00 pm

AFTERNOON TEA AT THE VERANDA BAR

4:00 pm – 5:00 pm

ROSÉ & BEER

ON THE SANDBANK OF THE POOL GRILLE

5:00 pm – sunset

(Live Entertainment)

SOUNDBATH MEDITATION

5:15 pm – 6:00 pm

THE VERANDA

6:30 pm – 9:30 pm

THE ESTATE HOUSE

6:30 pm – 9:30 pm



SUNDAY

MAT PILATES

8:15 am – 9:00 am

KAYAKING TOUR

10:30 am – 12:00 pm

AFTERNOON TEA AT THE VERANDA BAR

4:00 pm – 5:00 pm

WINE TASTING

5:00 pm – 6:00 pm

WHITE NIGHT BEACH BBQ

6:30 pm – 9:30 pm
(Live Entertainment)

THE ESTATE HOUSE

Closed