

THE CHEDI

EL GOUNA, RED SEA

ENTERTAINMENT PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Fitness Class* 9:00 - 9:45	 Fitness Class* 9:00 - 9:45	 Fitness Class* 9:00 - 9:45	 Fitness Class* 9:00 - 9:45	 Fitness Class* 9:00 - 9:45	 Fitness Class* 9:00 - 9:45	 Fitness Class* 9:00 - 9:45
 Yoga* 10:00 - 11:00	 Aromatherapy Oils* 12:00 - 12:30	 Yoga* 10:00 - 11:00	 Facial Skincare Workshop* 12:00 - 12:30	 Yoga* 10:00 - 11:00	 Body Skin Care Workshop* 12:00 - 12:30	 Cellulite Massage Techniques* 12:00 - 12:30
 Face Massage Workshop* 12:00 - 12:30	 Beach Volleyball Winter: 15:00 - 16:00 Summer: 16:00 - 17:00	 Head Massage Workshop* 12:00 - 12:30	 Beach Volleyball with the Chedi Team Winter: 15:00 - 16:00 Summer: 16:00 - 17:00	 Lagoon Trip* 11:00 - 13:00	 Kayak and Paddle Armada* Winter: 15:00 - 16:00 Summer: 16:00 - 17:00	 Beach Volleyball Winter: 15:00 - 16:00 Summer: 16:00 - 17:00
 Beach Volleyball Winter: 15:00 - 16:00 Summer: 16:00 - 17:00	 Cooking Class Asian* Winter: 16:00 - 17:00 Summer: 17:00 - 18:00	 Kayak and Stand-up Paddle Armada* Winter: 15:00 - 16:00 Summer: 16:00 - 17:00	 Sunset Jog to the Tower Winter: 16:30 - 17:30 Summer: 18:00 - 19:00	 Neck & Shoulder Massage Workshop* 12:00 - 12:30	 Boot Camp by the Beach Winter: 16:00 - 16:45 Summer: 18:00 - 18:45	 DJ Vibes - Commercial Music Winter: 16:00 - 18:00 Summer: 17:00 - 19:00
 Mixology Class* Winter: 16:00 - 17:00 Summer: 17:00 - 18:00	 Boot Camp at the Beach Winter: 16:00 - 16:45 Summer: 18:00 - 18:45	 Sunset Jog Over the Golf Course* Winter: 16:30 - 17:30 Summer: 18:00 - 19:00	 Sauna Infusion Winter: 17:00 - 18:00 Summer: 18:00 - 19:00	 Beach Volleyball Winter: 16:00 - 16:45 Summer: 18:00 - 18:45	 Sauna Infusion Winter: 17:00 - 18:00 Summer: 18:00 - 19:00	 Sunset Jog Over the Golf Course Winter: 16:30 - 17:30 Summer: 18:00 - 19:00
 Sunset Tower Tour* 16:00 - 17:00	 Sauna Infusion Winter: 17:00 - 18:00 Summer: 18:00 - 19:00	 Body Scrub Ritual Winter: 17:00 - 18:00 Summer: 18:00 - 19:00	 Ladies Night with DJ Vibes 20:00 - 22:00	 Boot Camp by The Beach Winter: 16:00 - 17:00 Summer: 18:00 - 19:00	 Guest Cocktail Winter: 17:00 - 18:00 Summer: 18:00 - 19:00	 Sauna Infusion Winter: 17:00 - 18:00 Summer: 18:00 - 19:00
 Body Scrub Ritual Winter: 17:00 - 18:00 Summer: 18:00 - 19:00	 Sundowner at the Beach 16:30 - 18:00	 The BBQ Winter: 18:30 - 22:00 Summer: 19:00 - 22:00		 Cooking Class Oriental at the Restaurant* Winter: 16:00 - 17:00 Summer: 17:00 - 18:00	 DJ Vibes - Chill Deep House Music 18:00 - 21:00	 Explore Upper Egypt Winter 18:30 - 22:00 (The Restaurant) Summer: 19:00 - 22:00 (The Beach House)
 Jazz Night With Board Games (Only During Winter) 20:00 - 22:00	 DJ Vibes-Mix 80'S/90'S-Deep House 18:00 - 19:00			 Sundowner at the Beach Winter: 17:00 - 18:30 Summer: 18:00 - 19:00		
 The Camp Fire (Only During Summertime) 21:00 - 23:00	 Paddle With the Chedi Team* 20:00 - 21:00			 Body Scrub Ritual Winter: 17:00 - 18:00 Summer: 18:00 - 19:00		
				 Live Flutist Nihon* 19:00 - 21:30		

* Reservations required.