

**CULINARY EXPERIENCES**



**LIVE PERFORMANCE**



**STARS RESTAURANT**  
**DAILY**  
**BREAKFAST "BUFFET" | 07:00 – 10:30**  
**LUNCH "À LA CARTE" | 12:30 – 14:30**  
**DINNER "À LA CARTE" | 18:30 – 22:00**  
 MON 17<sup>TH</sup> TO SUN 23<sup>RD</sup> MAR



**ASIAN LOUNGE & FINE SUSHI AT STARS**  
**LUNCH 12:30 – 14:30**  
**DINNER 18:30 – 22:00**  
**À LA CARTE**  
 MON 17<sup>TH</sup> TO SUN 23<sup>RD</sup> MAR  
 (THU 20<sup>TH</sup> MAR CLOSED)

**LIVE GUITARIST**  
 MON 17<sup>TH</sup> MAR 2025  
 19:00 | AT STARS RESTAURANT  
 FRI 21<sup>ST</sup> MAR 2025  
 19:00 | AT RUM SHED



**RUM SHED BAR & GRILL**  
**DINNER 18:30 – 22:00**  
**À LA CARTE**  
 MON 17<sup>TH</sup> TO SUN 23<sup>RD</sup> MAR  
 (WED 19<sup>TH</sup> MAR CLOSED)  
 LIVE GUITARIST – FRI 21<sup>ST</sup> MAR



**ARABIC CUISINE AT STARS**  
**LUNCH "À LA CARTE" | 12:30 – 14:30**  
**DINNER "À LA CARTE" | 18:30 – 22:00**  
 MON 17<sup>TH</sup> TO SUN 23<sup>RD</sup> MAR  
 (TUE 18<sup>TH</sup> MAR CLOSED)

**LIVE BAND**  
 TUE 18<sup>TH</sup> MAR 2025  
 19:00  
 AT STARS RESTAURANT



**LA KAZE MAMA**  
**DINNER 18:30 – 22:00**  
**BUFFET**  
 WED 19<sup>TH</sup> MAR | MAURITIAN CREOLE NIGHT – 1  
 SAT 22<sup>ND</sup> MAR | MAURITIAN CREOLE NIGHT – 2  
 LIVE SEGA SHOW – WED 19<sup>TH</sup> MAR



**INDIAN DELIGHTS AT STARS**  
**LUNCH 12:30 – 14:30**  
**DINNER 18:30 – 22:00**  
**À LA CARTE**  
 MON 17<sup>TH</sup> TO SUN 23<sup>RD</sup> MAR

**LIVE SAXOPHONIST**  
 WED 19<sup>TH</sup> MAR 2025  
 19:00  
 AT STARS RESTAURANT



**FEET IN THE SAND**  
**DINNER 18:30 – 22:00**  
**BEACH BBQ GRILL**  
 MON 17<sup>TH</sup> TO SUN 23<sup>RD</sup> MAR  
 (WED 19<sup>TH</sup> MAR CLOSED)



**JUST THAI AT STARS**  
**LUNCH 12:30 – 14:30**  
**DINNER 18:30 – 22:00**  
**À LA CARTE**  
 MON 17<sup>TH</sup> TO WED 19<sup>TH</sup> MAR  
 (CLOSED FROM THU 20<sup>TH</sup> MAR)

**SUNSET COCKTAIL WITH RESORT TEAM**  
 WED 19<sup>TH</sup> FEB 2025  
 18:00  
 LIVE SEGA SHOW  
 18:30



**LIVE PIANO**  
 SAT 22<sup>ND</sup> MAR 2025  
 19:00  
 AT STARS RESTAURANT



**HOW TO BOOK A TABLE?**

Contact the reception on extension 0  
 Available upon reservation on a first-come first-serve basis

**FOOD CREDIT**

Guests on the meal plan Half-Board (HB) | Full-Board (FB) | All-Inclusive (AI) are entitled to a food credit of MUR 4,000 per meal per person. Any consumptions beyond that will be charged accordingly. Credit is non-refundable and non-transferable.

**DRESS CODE POLICY**

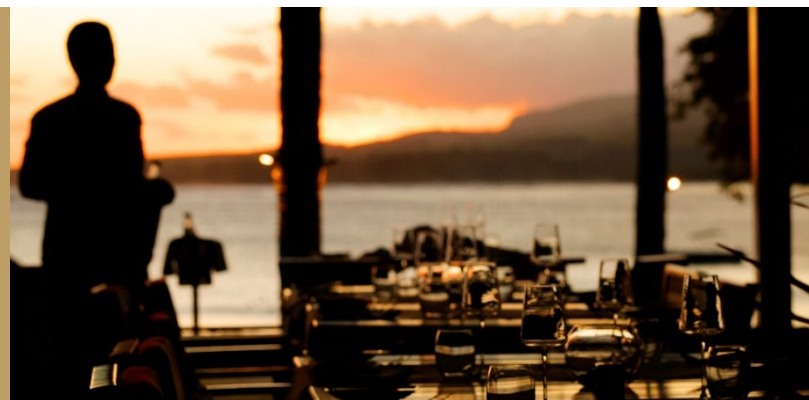
**BREAKFAST / LUNCH:**

Shorts, t-shirts or polo shirts with footwear are permitted (swimwear should be covered at all times).

**DINNER:**

Gentlemen: long trousers, collared shirts (button down) or polo shirt and footwear are allowed. Ladies to respect the evening attire (smart casual) (no see-through attire or swimwear are allowed).

Chic shorts allowed at Rum Shed.



**AVAILABLE EVERYDAY**

**BREAKFAST AT ITS BEST**

04:00 – 07:00 | **EARLY BIRD SNACK BREAKFAST (RED GINGER BAR)**

07:00 – 18:00 | **LONGSLEEPER ALL DAY BREAKFAST**

**A VARIETY OF LUNCH & DINNER - A LA CARTE**

13:00 – 15:00 | **FISH MARKET**

10:00 – 18:00 | **BEACH & POOL SERVICE**

24 HOURS | **IN-ROOM DINING (TRAY CHARGE APPLIES)**

**AFTERNOON TEA**

15:30 – 17:00 | **HIGH TEA AT RED GINGER BAR & POOL LOUNGE (PRE BOOKING)**

**SUNSET SPECIALS**

16:30 – 17:00 | **RUM INITIATION AT RED GINGER BAR (CHARGEABLE)**

10:00 – 18:30 | **BEACH DRINKS SELECTION ALL-DAY LONG AT SANDS BEACH BAR**

# SHANTI TIMES FROM MONDAY 17<sup>TH</sup> TO SUNDAY 23<sup>RD</sup> MARCH 2025

## WELLNESS & ACTIVITIES WEEKLY CALENDAR

MONDAY	
08:15	HATHA YOGA <span style="color: green;">■</span>
09:30	AERIAL YOGA <span style="color: orange;">■</span>
11:00	PRANAYAMA <span style="color: green;">■</span>
14:00	MAT PILATES <span style="color: orange;">■</span>
15:00	YOGA NIDRA <span style="color: green;">■</span>

TUESDAY	
08:15	SUN SALUTATION <span style="color: green;">■</span>
09:30	AERIAL YOGA <span style="color: orange;">■</span>
11:00	JOURNEY OF BREATH <span style="color: green;">■</span>
14:00	GUIDED MEDITATION <span style="color: orange;">■</span>
15:00	YOGA NIDRA <span style="color: green;">■</span>

WEDNESDAY	
08:15	ASHTANGA YOGA <span style="color: green;">■</span>
09:30	AERIAL YOGA <span style="color: orange;">■</span>
11:00	PRANAYAMA <span style="color: green;">■</span>
14:00	MAT PILATES <span style="color: orange;">■</span>
15:00	YOGA NIDRA <span style="color: green;">■</span>

THURSDAY	
08:15	YOGA FOR SPINE HEALTH <span style="color: green;">■</span>
09:30	GUIDED MEDITATION <span style="color: orange;">■</span>
11:00	JOURNEY BREATH <span style="color: green;">■</span>
14:00	MAT PILATES <span style="color: orange;">■</span>
15:00	BEING MINDFUL <span style="color: green;">■</span>

FRIDAY	
08:15	VINYASA YOGA <span style="color: green;">■</span>
09:30	GUIDED MEDITATION <span style="color: orange;">■</span>
11:00	PRANAYAMA <span style="color: green;">■</span>
14:00	MAT PILATES <span style="color: orange;">■</span>
15:00	YOGA NIDRA <span style="color: green;">■</span>

SATURDAY	
08:15	WARRIOR STABILITY <span style="color: green;">■</span>
09:30	AERIAL YOGA <span style="color: orange;">■</span>
11:00	BEING MINDFUL <span style="color: green;">■</span>
14:00	MAT PILATES <span style="color: orange;">■</span>
15:00	YOGA NIDRA <span style="color: green;">■</span>

SUNDAY	
08:15	THERAPEUTIC YOGA <span style="color: green;">■</span>
11:00	PRANAYAMA <span style="color: green;">■</span>
13:00	AERIAL YOGA <span style="color: orange;">■</span>
14:00	MAT PILATES <span style="color: orange;">■</span>
15:00	BEING MINDFUL <span style="color: green;">■</span>

SHANTI SPA SPECIALS	
17 <sup>TH</sup> MAR	<b>BLISS</b> 150MINS - MUR 15,900
18 <sup>TH</sup> MAR	<b>VANILLA MASSAGE</b> 60MINS - MUR 6,600
19 <sup>TH</sup> MAR	<b>CHAKRA BALANCING</b> 90MINS - MUR 6,600
20 <sup>TH</sup> MAR	<b>AERIAL YOGA</b> 60MINS - MUR 3,000
21 <sup>ST</sup> MAR	<b>BLISSFUL MARMA</b> 60MINS - MUR 4,500



■ WELLNESS AT SHANTI SPA    
 ■ MEETING POINT AT SHANTI SPA    
 ■ CHARGEABLE ACTIVITIES

## SPORTS CORNER & LIVE SPORT AT RED GINGER BAR

MON	VARSITY CUP 2025 - SU VS UCT   18:55	SS RUGBY
WED	ATP1000 - MIAMI OPEN DAY 1   17:00	SS TENNIS
THU	UNL 24/25 - P/O 1ST LEG - TURKIYE VS HUNGARY   18:50	SS PREMIER LEAGUE
THU	PGA TOUR - VALSPAR CHAMPIONSHIP DAY 1   20:00	SS GOLF
FRI	2026 FIFA WC QUALIFIERS UEFA - CYPRUS VS SAN MARINO   18:50	SS PREMIER LEAGUE
SAT	2026 FIFA WC QUALIFIERS UEFA - LIECHSTEIN VS NORTH MACADONIA   15:50	SS PREMIER LEAGUE
SAT	2026 FIFA WC QUALIFIERS UEFA - MOLDOVIA VS NORWAY   18:50	SS PREMIER LEAGUE
SUN	SUNSHINE TOUR - THE SERENGETI DAY 4   12:30	SS GOLF
SUN	WSL - WEST HAM UNITED VS TOTTENHAM HOTSPUR   13:55	SS FOOTBALL
SUN	WSL - MANCHESTER CITY VS CHELSEA   16:25	SS FOOTBALL
SUN	UNL 24/25 - SCOTLAND VS GREECE   18:50	SS PREMIER LEAGUE



## PEN AIR CINEMA



MON	19:15 - 20:30 (KIDS MOVIE) 20:30 - 22:00 (MAIN SCREENING)	<b>BAD DINOSAURS</b> DELICIOUS
TUE	19:15 - 20:30 (KIDS MOVIE) 20:30 - 22:00 (MAIN SCREENING)	<b>PHANTOM PUPS</b> SNIPER ULTIMATE KILL
WED	19:15 - 20:30 (KIDS MOVIE IN KIDS CLUB)	<b>TARZAN AND JANE</b>
THU	19:15 - 20:30 (KIDS MOVIE) 20:30 - 22:00 (MAIN SCREENING)	<b>OGGY</b> AD VITAM
FRI	19:15 - 20:30 (KIDS MOVIE) 20:30 - 22:00 (MAIN SCREENING)	<b>DEE &amp; FRIENDS IN OZ</b> BACK IN ACTION
SAT	19:15 - 20:30 (KIDS MOVIE) 20:30 - 22:00 (MAIN SCREENING)	<b>THE CUPHEAD SHOW</b> 60 MINUTES
SUN	19:15 - 20:30 (KIDS MOVIE) 20:30 - 22:00 (MAIN SCREENING)	<b>HORRID HENRY</b> HOW IT ENDS

In case of bad weather conditions, kids' movies will move to Kids Club and main screening will be cancelled.

## ESTATE CARE

**FOR YOUR COMFORT PLEASE NOTE THE SEQUENCE OF INTERVENTIONS DAILY POOL CLEANING:**

08:00 - 10:00  
10:00 - 12:30  
13:00 - 16:00  
For villa pool cleaning, please contact the Reception for your preferred times.

**WEEKLY MOWING & GARDEN CARE:**

08:00 - 10:00  
10:00 - 11:30  
12:30 - 16:00  
10:00 - 11:30  
12:30 - 16:00  
For Villa garden care, please contact the Reception for your preferred times.

**FOGGING EXERCISE:**

16:00 - 17:00

Spa | Main Pool | Kids Club  
Villa 201 - 207  
Villa 208 - 218

Surrounding Estate Garden  
Villa 207 - 218

Villa 201 - 205

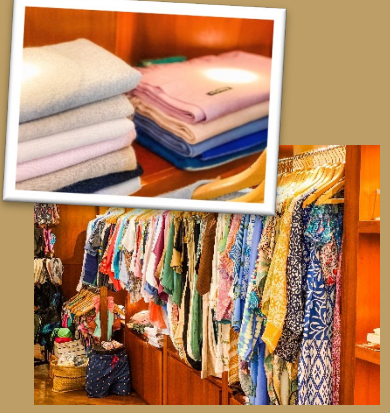
Suites 101 - 124  
Suites 128 - 142  
Daily Beach Maintenance

Daily

Changes due to weather possible with short term notice

## SHANTI BOUTIQUE

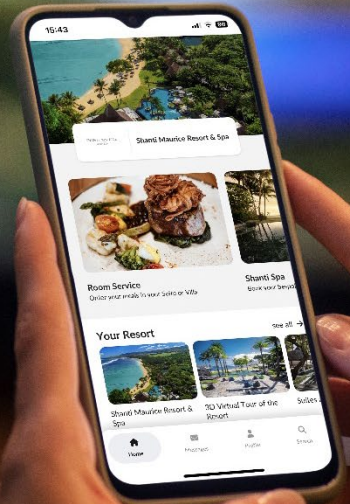
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