































COOK'S CLUB EL GOUNA PRESENTS

WEEKLY PLEASURES

Entertainment and fitness



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early Morning	 Fitness 08:00	 Yoga 08:00	 Fitness 08:00	 Cycling 08:00	 Yoga 08:00	 Pool Vibes	 Yoga 08:00
Morning	 Pool Vibes	 Morning Run 09:00	 Pool Vibes	 Morning run 09:00	 Fitness 09:00	 Pool Vibes	 Tennis 09:00
Afternoon 1pm	 Daily Challenge	 Daily Challenge	 Daily Challenge	 Daily Challenge	 Daily Challenge	 The Brunch	 Daily Challenge
Late Afternoon	 Mixology 15:00	 Sunset tour	 Food Workshop 15:00	 Hurghada City Tour	 Pool Vibes	 Pool Vibes	 Pool Vibes
Evening	Back to the 90's	Oriental BBQ night	Live music 21:30	 Game night	 Lets Party	Lets go out	Movie Night 20:00

 Get active
  Get in the mood
  Get involved
  Local legends
  Have Fun

