

# THE CHEDI

LUŠTICA BAY, MONTENEGRO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:30h	Morning Run	Morning Run	Morning Run	Morning Run	Morning Run	Morning Run	Morning Run
07:30h	Kayaking** From Uvala Veslo to Blue Cave	Kayaking** From Uvala Veslo to Blue Cave	Kayaking** From Uvala Veslo to Blue Cave	Kayaking** From Uvala Veslo to Blue Cave	Kayaking** From Uvala Veslo to Blue Cave	Kayaking** From Uvala Veslo to Blue Cave	Kayaking** From Uvala Veslo to Blue Cave
08:00h – 09:00h	Tennis*		Tennis*		Tennis*		
08:30h – 09:30h		Yoga*		Yoga*			
08:00h – 10:00h	Hiking	Hiking	Hiking	Hiking	Hiking	Hiking	Hiking
09:00h	Scuba Diving			Scuba Diving			
09:00h – 10:00h		Full Body Workout		Full Body Workout		Full Body Workout	
10:30h – 11:30h	Introduction to Golf/ Driving Range*		Introduction to Golf/ Driving Range*		Introduction to Golf/ Driving Range*		Introduction to Golf/ Driving Range*
14:30h – 15:30h		Kids Swimming Lessons		Kids Swimming Lessons		Kids Swimming Lessons	
16:00h	SUP excursion From The Chedi beach to Almara Beach		SUP excursion From The Chedi beach to Almara Beach			SUP excursion From The Chedi beach to Almara Beach	
17:00h	Biking**	Biking**	Biking**	Biking**	Biking**	Biking**	Biking**
18:00h – 19:00h		Introduction to Latin dance**		Introduction to Latin dance**			
19:00h – 20:00h	Get in Shape Workout (Intermediate)		Get in Shape Workout (Intermediate)		Get in Shape Workout (Intermediate)		

Complimentary water and towel are provided

\*Private sessions are available upon request for Yoga, Golf and Tennis

\*\*Minimum number of participants is two people

For every activity 24-h notice is required

We reserve the right to alter the schedule should it be necessary,  
due to inclement weather or other events beyond our control

FREE OF CHARGE

PAYABLE

For more information and reservation contact The Spa reception  
at +382 (32) 661 261 or [thespa@chedilusticabay.com](mailto:thespa@chedilusticabay.com)