

RECREATION & LEISURE

WEEKLY GROUP ACTIVITIES

MONDAY

11:00 Kayak Snorkeling at The Activity Center
14:00 Water Volleyball at The Main Pool
16:30 Beach Futsal at The Activity Center
17:00 Intro to Padel at The Fitness Center
18:00 Pilates at The Fitness Center* (30Eur pp)

TUESDAY

11:00 Guided SUP Tour at The Activity Center
14:00 Water Basketball at The Main Pool
16:30 Kick Rounders at The Activity Center
18:00 Meditation at The Fitness Center

WEDNESDAY

11:00 Kayak Snorkeling at The Activity Center
14:00 Pool Water Games at The Main Pool
16:30 Beach Frisbee at The Activity Center
17:00 Intro to Padel at The Fitness Center
18:00 Sunset Yoga at The Activity Center* (30Eur pp)

THURSDAY

11:00 Water Triathlon at The Activity Center
14:00 Water Polo at The Main Pool Center
16:30 Coconut Bowling at The Activity Center
18:00 Pilates at The Fitness Center* (30Eur pp)

FRIDAY

11:00 Kayak Snorkeling at The Activity Center
14:00 Water Volleyball at The Main Pool
16:30 Petanque at The Activity Center
17:00 Beginner Tennis at The Activity Center
18:00 Core Conditioning at The Activity Center

SATURDAY

11:00 Guided SUP Tour at The Activity Center
14:00 Water Basketball at The Main Pool
16:30 Beach Volleyball at The Activity Center
17:00 Padel Tournament at The Activity Center
18:00 Sunset Yoga at the Activity Center* (30Eur pp)

SUNDAY

11:00 Kayak Snorkeling at The Activity Center
14:00 Pool Water Games at The Main Pool
16:30 Solar & Team Village Tour at The Activity Center
18:00 Amateur Zumba at The Fitness Center

FITNESS CENTER & COURTS OPENING

HOURS:

COURTS: 07:00 - 21:00

FITNESS CENTER: 24/7

ACTIVITY CENTER: 09:00 - 18:00

For further information, to book a session
or to inquire about our Kids Club please
contact your Personal Concierge.

Please note, for your safety, all activities are weather and tide permitting.
Waldorf Astoria Seychelles Platte Island reserves the right to alter the weekly schedule.



RECREATION, SPORTS & LEISURE

PRIVATE EXPERIENCES

Platte Star Gazing

Waldorf Astoria Seychelles Platte Island offers a unique and breathtaking stargazing experience. Due to its remote location and conscious efforts to minimize light pollution, the night sky here is exceptionally clear and vivid, providing an unparalleled view of equatorial constellations.

€140 Per Couple | 1 hour | €40 per additional person | Max 4 persons

In Villa Cinema

Watch your favorite movie, under the stars, from the comfort of your private garden.

€500 Per Movie | Includes set up, soft drinks and popcorn.

Coconut Painting

Enjoy this unique creative experience where you will have the opportunity to decorate a coconut grown on the island.

€60 Per Person | 1 hour | Max 4 Persons

SUP Tour

Embark on a Stand-Up Paddleboarding session, a fun way to observe Platte's marine life from above or challenge yourself to a full island tour.

€100 Per Person | 1 hour | Max 4 Persons

Kayak Tour

Enjoy a private guided kayak tour where you can explore the waters surrounding Platte.

€100 Per Person | 1 hour | Max 2 persons

Kayak Snorkeling

Experience a private kayak tour where you will be taken to a prime snorkelling spot and given the opportunity to jump overboard and explore the underwater world.

€150 Per Couple | 1 hour | Max 2 persons

Water Bike Tour

Enjoy an exclusive Water Bike Tour, where you can explore the water's beauty and tranquility on an innovative and fun water bike.

€ 100 Per Couple | 1 hour | Max 2 persons

Tennis Coaching

Professional tennis coaching, tailored to individual skill level and training goals.

€145 Per Person | 60 mins | Add Player €55

Padel Coaching

Professional padel coaching, tailored to individual skill level and training goals.

€145 Per Person | 60 mins | Add Player €55



Private Recreation, Sports & Wellness continued

Tennis with Ball Machine & Coach

Professional tennis coaching with the addition of a ball machine to intensify your skills practice.

€ 80 Per Person | 30 mins | Max 2 persons

Tennis / Padel Partner

Partner with our tennis coach or in house players for a fun yet exhilarating match.

€120 | 60 mins | Add Partner €40

Hatha Yoga

A personalised yoga practice that focuses on physical postures and breath control to improve flexibility, strength, and relaxation. Led by our dedicated trainer it can be offered in the privacy of your Villa or yoga pavillion.

€150 Per Person | 1 hour | Max 2 persons

Vinyasa Yoga

A personalised yoga practice that enhances physical fitness and mental well-being through fluid, meditative movement. It focuses on connecting breath with movement and can be offered in the privacy of your villa or our yoga pavillion.

€150 Per Person | 1 hour | Max 2 persons

Personal Training

Tailored to your specific fitness goals our expert will create a customized workout plan, provide guidance, and offer motivational support to help you achieve optimal results. Follow up sessions and packages also available on request.

€200 Per Person | 1 hour | Max 2 persons

Full Body Stretching

A comprehensive full body stretching session designed to enhance flexibility, relieve muscle tension, and improve overall well-being.

€120 Per Person | 1 hour | Max 2 persons

Core Conditioning

A personal training session focused on strengthening your entire core.

€120 Per Person | 1 hour | Max 2 persons

Cardio Training

Led by our expert personal trainer this session is designed to elevate your heart rate and improve endurance, it will include a variety of exercises that are adapted and customized to suit you.

€ 120 Per Person | 1 hour | Max 2 persons

Mat Pilates

Pilates focuses on improving core strength, flexibility and overall body conditioning. Through targeted, mindful exercises it also enhances the mind-body connection.

€120 Per Person | 1 hour | Max 2 persons

Zip Line Balance

A fun and exhilarating session that works your core muscles, co-ordination and balance. Skills proven to enhance mental function.

€120 Per Person | 1 hour | Max 2 persons

For further information and bookings please contact your Personal Concierge.
Please note, all outdoor activities are weather permitting.



WALDORF ASTORIA®
SEYCHELLES PLATTE ISLAND