

Aloha! Welcome to The Grand Hyatt Kaua'i Resort & Spa

1571 Poipu Road, Koloa, Hawaii 96756 | 808 742 1234 | kauai.hyatt.com

DAILY ACTIVITIES

- 7 – 8 AM** Sunrise Fitness Walk
At Anara Spa (Mon – Fri)
- 9 AM** Koi Fish Feeding
At the front entry waterfall area
- 9 – 10 AM** Tennis Clinic
At Tennis Garden
- 10 AM (Mon-Fri)** Parrot Talk
At Seaview Terrace
- 9:30 – 10:30 AM
& 2:30 – 3:30 PM** Golf Clinic (Sun-Thur)
At Poipu Bay (Call Ext 4970 to RSVP)
- 1:30 PM** Scuba Pool Lesson at Saltwater Lagoon
(Call Ext 4995 by 6 PM Min 10 Years Old)
- 6 – 8 PM** Hawaiian Entertainment
At Seaview Terrace
- 8 – 11 PM** Live Music
At Stevenson's Library

SUNDAY

- 8 AM – 1 PM** Handmade Hawaiian Articles
- 8 AM – 1 PM** Handmade Jewelry Made of Shells,
Seeds, and Beads
- 8:30 AM – 12:30 PM** Kapa Frames, Albums, Ornaments,
Bags, Teak Bowls, Coconut Bracelets
- 4 – 9 PM** Jade and Crystal Jewelry
- 5 – 8 PM** Grand Hyatt Kauai Luau
See Concierge Desk for location

MONDAY

- 7 AM -12 PM** Coral Jewelry and Koa items
- 9 AM - 1PM** Carved wooden bowls & Vases
- 9AM – 1 PM** Custom Photographs by Trop-Pics
- 4 – 9 PM** Bags & Home Décor
- 5 – 9 PM** Carved Articles & Tahitian Style Jewelry

TUESDAY

- 7:30 AM – 12 PM** Tahitian Style Shell Jewelry
- 9 AM – 12 PM** Hawaiian Palm Basket
- 9 AM – 1 PM** Custom Photographs by Trop-Pics
- 9 AM – 1PM** Kapa & Lauhala Gifts
- 11 AM** Create Your Own Shell Bracelet (small
participation fee)
- 5 – 9 PM** Semi Precious Stone & Bead Jewelry
- 5 – 9 PM** Wood Turner
- 6:15 PM** Torch Lighting Ceremony & Keiki Hula
At Seaview Terrace

WEDNESDAY

- 7:30 AM – 12 PM** Tahitian Style Shell Jewelry
- 8 AM – 12 PM** Jewelry, Paddles, Carvings
- 8:30 AM** Lei Making
- 9:30** Hula Lessons
- 10:00 AM** Ukulele Lessons (call ext. 51 to RSVP)
- 9 AM – 1 PM** Handmade Kapa Items, Albums, Frames
- 2 – 6 PM** Custom Photographs by Trop-Pics
- 5 – 10PM** Handmade Jewelry, Shark Tooth
Necklaces, Bead Bracelets

THURSDAY

- 9 AM – 12 PM** Carved Wooden Vases and Bowls
- 9:30 AM – 12 PM** Kapa & Lauhala Gifts
- 11 AM** Create Your Own Shell Bracelet (small
participation fee)
- 1-9 PM** Hawaiian Weapons, wood & bone
Jewelry
- 2 – 6 PM** Custom Photographs by Trop-Pics
- 5 – 8 PM** Grand Hyatt Kauai Luau
See Concierge Desk for Location
- 4 – 9 PM** Jewelry, Woven Baskets, Paddles

*All activities will be held in the lobby atrium unless
otherwise noted*

Schedules and times are subject to change

ACTIVITIES GUIDE

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FRIDAY

9 AM – 1 PM	Handcrafted Palm Baskets
9 AM – 1 PM	Fresh Water Pearl & Shell Jewelry, Carvings
9:30 AM	Demonstration of Poi Pounding, Coconut Weaving & Salt
1-9 PM	Hawaiian Weapons, wood & bone Jewelry
2 – 6:30 PM	Custom Photographs by Trop-Pics
4 – 9 PM	Bags & Home Décor
4 – 9 PM	Wooden Bowls (artist on site to “talk story”)
6:15 PM	Torch Lighting Ceremony At Seaview Terrace

SATURDAY

8:30 – 12:30 PM	Kapa Frames, Albums, Ornaments, Bags, Teak Bowls, and Coconut Jewelry
9 AM – 1:00 PM	Handmade Shell, Seed & Bead Jewelry
9 AM – 1 PM	Handmade Hawaiian Crafts
9 AM - 9 PM	Hawaiian Weapons, wood & bone Jewelry
5 PM	Hula Lessons (Free) At Seaview Terrace
5 – 9 PM	Jewelry Made with Koa Beads & Seeds
5 – 9 PM	Wood Turner
6 – 8 PM	Lei, Hula Skirts & Implements
6:15 PM	Torch Lighting Ceremony & Keiki Hula At Seaview Terrace

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Schedules and times are subject to change*



ANARA SPA FITNESS CLASS SCHEDULE

SUNDAY

7:30 – 8:30 AM	Strength Endurance Training **
8:30 – 9:30 AM	Zumba Sculpt *
10 – 11 AM	Aqua Aerobics*
2:30 – 3:30 PM	Beginners Yoga *
4 – 5:30 PM	Integrative Yoga *

MONDAY

7 – 8 AM	Fitness Walk *
8:15 – 9:15 AM	Fitball Power Sculpt *
10:30 AM – 12 PM	Vinyasa Yoga*
11 AM - 12 PM	Aqua Aerobics *

TUESDAY

7 – 8 AM	Fitness Walk *
8:15 – 9:15 AM	Abs & Buns *
9:30 – 10:30 AM	Gentle Stretch
11 AM – 12 PM	Aqua Aerobics *
4 – 5 PM	Zumba *

WEDNESDAY

7 – 8 AM	Fitness Walk *
7 – 8 AM	Guided Meditation
8:15 – 9:15 AM	Fitball Power Sculpt *
9:30 – 11AM	Vinyasa Yoga**
11 AM - 12 PM	Aqua Aerobics *

THURSDAY

7 – 8 AM	Fitness Walk *
8:15 – 9:15 AM	Abs & Buns *
10:30 – 12 PM	Eclectic Vinyasa Yoga**
4 – 5:30 PM	Vinyasa Yoga*

FRIDAY

7 – 8 AM	Fitness Walk *
7 – 8 AM	Guided Meditation
8:15 – 9:15 AM	Fitball Power Sculpt *
11 AM – 12 PM	Aqua Aerobics *
4 – 5 PM	Gentle Stretch *

SATURDAY

7:30 – 8:30 AM	Strength Endurance Training **
8:30 – 9:30 AM	Zumba *
10 – 11 AM	Aqua Aerobics *
4 – 5 PM	Beginners Yoga *

LEVEL

- * All Levels
- ** Intermediate/Advanced

All classes are complimentary for hotel guest. Schedules are subject to change. (Min. 14 Years Old)