



Club Med Bintan Island

PLAN YOUR HOLIDAY

EAT WELL

Choose from a generous spread of delectable food for your daily nutrition and energy needs⁽¹⁾

MUST TRY

Fresh Slow-Pressed Juice
@ Matahari Beach Bar from 9-11 am

WATERFALL RESTAURANT (Level 2)

07:00 - 10:15 Breakfast
12:00 - 14:15 Lunch
18:30 - 21:15 Dinner

LA TERRASSE SPECIALTY RESTAURANT

10:00 - 11:00 Late Breakfast
14:00 - 17:30 Late Lunch
18:45 - 21:15 Dinner⁽²⁾

* Reservation required for Dinner at Terrace. Reservation can be made from 7am on same day at Waterfall Restaurant.

BARs

09:00 - 24:00 Santai Bar (Level 1)
10:00 - 20:00 Panorama Bar (Level 4)
09:00 - 21:00 Matahari Beach Bar
23:00 - 01:00 Bagus Bar (Level 1)
(Subject to daily program)

EVENING ENTERTAINMENT

20:45 Show
22:00 Second Event

MOVE WELL

Keep fit on the move with our certified G.Os in our Sports School

MUST TRY

Twilight Trapeze @ Circus School,
9.15 pm on selected nights
G.O Runner - meet @ Reception
9 am (Tue, Thu, Sat)

FLYING TRAPEZE

09:00 - 09:45 MINI Club (4 - 7 years)
10:00 - 10:45 KIDS Club (8 - 10 years)
11:00 - 11:45 Teens (11 - 17 years)
16:00 - 17:15 Adults (18 years and over)
17:15 - 18:00 Catch

WATERSPORTS⁽³⁾

09:00 - 12:00 / 14:00 - 17:00

Sailing Lessons (8 years old and above)

* **Reservation is required**
10:00 - 12:00 / 15:00 - 17:00

Kayak Free Practice (8 years old and above)

09:00 - 12:00 / 14:00 - 17:00

*Water sports activities are opened depends on the sea and weather conditions.

SWIMMING POOL

07:00 - 21:00 Pool is opened
09:00 - 19:00 Lifeguard on duty

LANDSPORTS

09:00 Powerwalk (Mon, Wed, Fri, Sun)
GO Runner (Tue, Thu, Sat)
*Meet at the reception
10:30 Sport Tournament
(Check daily program)
12:15 Pool Entertainment
14:30 Sport Tournament
(Check daily program)
15:00 Jungle Walk
*Meet at the reception
17:00 Futsal at the Sport center
17:15 Special Sports event
(Check daily program)

SQUASH & BADMINTON

(All equipment is available at the Land sports Center)

TENNIS

(All equipment is available at the Landsports Center)

08:30 - 09:30 Intermediate lesson
09:30 - 10:30 Beginner lesson
*Lesson :11 years & above / No lesson on Wednesday
16:00 Tennis Tournament

ARCHERY 09:00 - 12:00 / 14:00 - 17:30 (6 years old & above)

09:00 - 10:00 Kids Club (8 - 10 years old)
10:00 - 11:00 Mini Club (6-7 years old)
11:00 - 12:00 Family shooting
14:00 - 15:00 Teens (11-17 years old)
15:00 - 16:00 Family shooting
16:00 - 16:30 Adults (18 years old & above)
16:30 Tournament (everyday)
*Family (Parents & kids under 11 years old)

FITNESS CLASSES

10:00 Cardio Workout (Fitness Center)
11:00 Circuit training (Fitness Center)
11:45 Aqua Gym (Pool)
15:00 Abs, butts & thighs (Fitness Center)
* The Fitness class is for 16 years & above

FITNESS CENTER (Sports shoes are required)

06:00 - 00:00 Fitness room
Fitness Center Reception
09:00 - 12:00 / 14:00 - 17:30

PLAY WELL

Soak in the slow pace of island life with an assortment of activities for everyone

MUST TRY

Golf in a world-renowned course

GOLF

Golf Pro Shop (Level 4)
09:00 - 12:00 / 14:30 - 17:30
-Golf Practice Area (Sports shoes are required)
09:00 - 12:00 / 15:00 - 17:00
• Beginner Lesson : 10:00 - 11:00
• Advanced Lesson : 11:00 - 12:00
• Golf Tournament : 16:00 - 17:00

-Golf Facilities
Driving Net, Putting Green, Chipping Green, Bunker, and all basic equipment

PETIT CLUB MED⁽⁴⁾ (Level 4)

08:30 - 17:00 / 18:30 - 20:30
*For 2-3 Years

MINI CLUB MED⁽⁵⁾ (Level 4)

08:30 - 17:00 / 18:30 - 20:30
For 4 - 7 Years / 8 - 10 Years
08:30 - 16:30
Registration time (First timer)

JUNIOR CLUB MED⁽⁶⁾ (Level 3)

09:30 - 17:00 / 19:00 - 20:30
For 11 - 17 Years

DIY TIE-DYE* (T-shirt making)

More information at the Boutique

MAHJONG AREA (Level 1)

(next to the theatre, open 24 hours)

POOL TABLES * ⁽⁷⁾ (Level 1)

FEEL WELL

Restore mind, body and soul with holistic activities that leave you invigorated

MUST TRY

Yoga at the Palapa (next to Matahari Bar)
8-9 am & 5-6 pm * 16 years & above

Club Med Hill-top Spa By Asmara

OPENING TIME 09:00 - 20:00
Reservation Desk (Level 1 & 4)

YOGA / PILATES / TAICHI CLASS

07:00 - 08:00 Taichi at the Palapa
08:00 - 09:00 Yoga at the Palapa
10:30 - 11:30 Taichi at the Palapa
16:00 - 17:00 Pilates at the Palapa
17:00 - 18:00 Zen Yoga at the Palapa
17:30 - 18:30 Taichi at the Coconut Garden

* No Taichi class on Tuesday

INFORMATION & SERVICES: RECEPTION (Extension number 9)

- Open 24 hours at Level 4
- Adaptors are available upon request at Reception with a deposit of 50.000 IDR
- Lost and found
- Opening of account for EZ card

FOR EMERGENCIES DIAL 345 IN THE EVENT OF ANY EMERGENCIES CLOSE TO THE BEACH

The Alarm can be raised at the Beach Bar or Water Sports Centre

EXCURSIONS DESK (Level 4)

09:00 - 12:00 & 15:00 - 18:00

INFIRMARY

Extra charge for consultation & medication
Opening Hours : 09:00 - 12:00 & 16:00 - 19:00

BOUTIQUE* (Level 1)

09:00 - 21:00

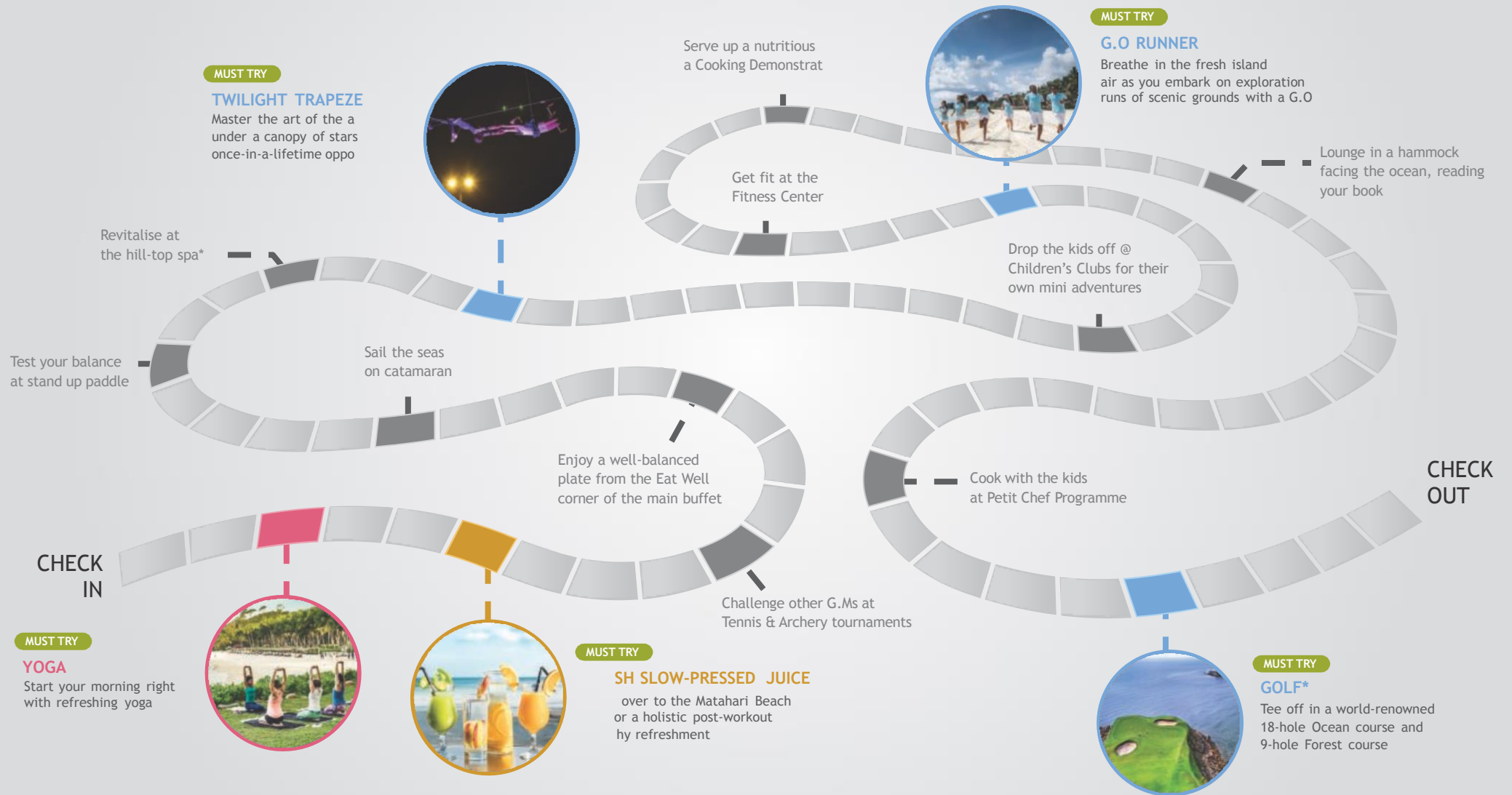
PHOTO COUNTER (Level 1)

09:30 - 10:30 & 12:00 - 13:00
14:30 - 15:00 & 18:30 - 21:15

⁽¹⁾According to the Indonesian Ministry of Trading Act, the legal drinking is 21 years old and above. ⁽²⁾Reservations required with the hostess at the Waterfall Restaurant at breakfast. Subject to opening days and availability. 1 guest can book for a maximum of 4 people. ⁽³⁾Please note that all watersports reservations must be made directly at the Watersports Center and that their availability depends on sea weather conditions. Check the flag colour displayed on the beach to see if conditions are safe for watersports. ⁽⁴⁾Proof of medical certificate is required for all children under 4 joining in Petit Club Med. Please refer to Petit Club Med programme for further information. ⁽⁵⁾Please refer to opening/closing for sign in/out. Please prepare a bag with a hat, a swimsuit, sun block lotion & some extra clothes for changing identified with name and room number. Sport shoes are required for all sports activities. ⁽⁶⁾Teens Club G.O. will wait until 10:00 at the Junior Club area. If your teenager would like to join the Junior Club after 10 am, please refer to Reception for the location. ⁽⁷⁾Equipment is available at Boutique. * Extra Charge

Embark on your holistic wellness escape

EAT WELL • MOVE WELL • PLAY WELL • FEEL WELL



*at extra cost