

# K' News

January 2025

## January: Kicking Off 2026 at Kandima

This is a no-slow-starts kind of season, shaped by movement and seriously good times from day one. Start strong with island workouts, and boxing sessions that keep you moving. From pop-up happenings to island-wide fun, everything comes together with the K'App, making it easy to see what's on and never miss a moment. Keep yourself going with delicious fresh juices and salads from Deli, and enjoy Fresh Labs' nourishing ingredients at Flavour and Zest. And when Valentine's rolls around, Kandima's Game Night channels retro video games for a playful twist on the ultimate couples escape.

[FIND OUT MORE](#)

### Set the Pace for the Year Ahead 🔥

Kick off the year with high-energy workouts and set the tone for what's next. From Island Runs and HIIT to Boxing Bag sessions, stay moving, feel stronger, and keep the momentum going throughout your stay.

[LEARN MORE](#)

### Your Guide to Island Fun ✨

Curious what's happening around the island? Open the K'App to stay in the know, whether it's bowling at PlaySpace, high-speed action at Fast Track, or wherever adventure leads you.

[EXPLORE MORE](#)

### Fresh Bites, Feel-Good Vibes 🥤

Fuel your days the Kandima way with fresh, nourishing juices and vibrant salads. Drop by Deli, Flavour or Zest and enjoy Fresh Labs' creations made to keep your energy up and your island vibe going.

[LEARN MORE](#)

### Press Play on Valentine's Day! 🎮

This Valentine's Day, Kandima turns up the fun with a retro-inspired Game Night made for friendly competition and good vibes. From couples and friends to families and solo players, everyone's in on the action.

[FIND OUT MORE](#)

♥ GAME NIGHT ♥

#### GET THE K'APP!

You can find out everything you need to know about Kandima before you even arrive – from drool-worthy menus and island weather to special offers and what's shakin' at Happy Hour! And now, you can even check-in to the hotel using the seriously Kool Kandima App. Just download it, dive in, and get ready to vibe with the oh-so-Kool holiday you're about to experience.



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