

P&O CRUISES

Proudly part of Carnival Corporation & PLC

HORIZON

Discover more on board Iona

GUILTY PLEASURES

A dynamic live music event

Tuesday 13 December 2022

Sunrise: 8.41am - Sunset: 4.19pm

Tonight's dress code:

Black Tie

Cocktail dress, tuxedo, ball gown or dinner jacket, or alternatively a dark business suit and tie, formal national dress or military uniform.



The Perfect Day Spa Special

Indulge mind, body and soul for 75 glorious minutes with all these treatments for only £99: Full Body Massage, Invigorating Skin Brushing, ELEMIS Touch Facial, Foot and Ankle Massage, and Scalp Massage.

8.00am-10.00pm Oasis Spa (Deck 6) Forward



25% Off Fashion Watches

Today only, get a whopping 25% off fashion watches from Citizen, Bering, Michael Kors, Fossil, Skagen and many other fine brands. This is only available instore, so you want to make your way there.

9.00am Tech Store (Deck 7) Midship

DEAL OF THE DAY

25% OFF



Painting The Town, Banksy And Mr Brainwash

Join your on board art director Jacob and look through the careers of two of the biggest phenomenon's to ever hit the art market, the anonymous & fascinating Banksy and the fastest rising star of the street art world Mr Brainwash! During this seminar we will be looking at the stories that have made them the superstars they are today, the icons that inspired them, what the future holds for the contemporary market as well as the truly exciting potential of investment within Street art, the fastest growing sector within the world of art! So come along & Paint the town!

3.00pm The Limelight Club (Deck 6) Forward

The Noise Next Door

In Charge. The quickest wits in comedy will trample your expectations as they put YOU in charge. Join comedy's unstoppable force for a stampede of side-splitting scenes and mind-blowing songs, all based on audience suggestions. As seen on 'Tonight at the Palladium with Bradley Walsh' My Holiday booking required.

6.45pm, 8.30pm, & 10.30pm
Headliners Theatre (Decks 6 & 7) Forward



Vocalist – Nickie Simms

Powerhouse vocalist Nickie Simms has performed for audiences across the globe for over a decade. Join Nickie tonight for an evening of songs from her all time favourites, Aretha Franklin, Whitney Houston, Queen and many more.

7.30pm, 9.00pm & 10.30pm SkyDome (Decks 16 & 17) Midship



Guilty Pleasures With Party Band, PULSE

One-hit wonders. Cheesy pop songs. Guaranteed feel-good hits. We all have our guilty pleasures and for one night only, let's embrace them! Join our resident party band, PULSE, for one final blowout and indulge in all the biggest party hits from across the decades. No music snobs allowed! PULSE will be performing at 8.00pm, 9.30pm & 11.00pm.

8.00pm-11.45pm The Club House (Deck 8) Aft



Celebration Night Photos

Tonight's the night to showcase your glamorous side with our celebration night portraits. Come find your team of professional photographers this evening at various locations in the Grand Atrium, ready to capture your holiday memories.

6.00pm-11.00pm Grand Atrium (Deck 6) Midship



Cheese Farm Tasting and Gouda Walking Tour

From the pier in Rotterdam, you'll depart to Hoogerwaard, a 17th century cheese farm that will take you on a cheesemaking journey.

Each of the different steps of cheesemaking will be explained and you'll also get to sample three different cheeses. Long cheese has a creamy texture and mild flavour, Belegen has a fuller flavour and Oud is the stronger still with a grainy, flaky texture.

After savouring the cheese, there will be some time to stroll around the farm and see where the cheese is made.

**9.00am-6.00pm
Shore Experiences
(Deck 7) Aft**

From 7.00am

7.00am - MORNING STRETCH

Enjoy a free fitness class with our Personal Trainer.
Oasis Gym (Deck 5) Forward

7.30am - TOTAL BODY CONDITIONING

Enjoy a free fitness class with our Personal Trainer.
Oasis Gym (Deck 5) Forward

8.00am - BODY SCULPT BOOT CAMP

Join our Personal Trainers as they take you through a Body Sculpt program designed to help you enjoy your holiday to the max, keeping those pounds off whilst allowing you some guilt-free indulgence on board! (A nominal fee applies for this class.)
Oasis Gym (Deck 5) Forward

9.00am - MASONIC INFORMAL GET-TOGETHER

All Brethren, wives and widows are invited to this morning's informal get together
The 710 Club (Deck 6) Midship

9.00am - FITSTEPS

A dance fitness class put together by Strictly Dancers Ian Waite and Natalie Lowe. A mix of graceful ballroom and upbeat Latin dance steps in a fun routine to keep you fit. No partner required. Suitable footwear should be worn.
The Limelight Club (Deck 6) Forward

9.00am - TOUR DE CYCLE

During this unique cycling class, enhance your cardiac and physical capacity whilst stimulating your metabolism. Limited space is available. Sign up at the Health Club to reserve your bike. (A nominal fee applies for this class.)
Oasis Gym (Deck 5) Forward


9.00am-12.30pm - SPORTS HUB

Collect all your deck games and sporting equipment: Shuffleboard, Deck Quoits, Table Tennis, Football, Basketball and Golf. (Weather permitting)
Deck Games (Deck 17) Aft, Starboard Side

9.30am - KALLATI JEWELLERY AUCTION PREVIEW

Come and take a sneak peek at the items going on auction tomorrow and preview some of the amazing savings on offer.
Fine Jewellery Boutique (Deck 7) Midship

10.00am - TURTLE TOTS - OUTER SPACE

Calling all toddlers and their families to come and join in with today's Turtle Tots fun and interactive session, where we take you to outer space. 
The Club House (Deck 8) Aft

10.00am - SHUFFLEBOARD

A classic and friendly game of shuffleboard, meet one of the Entertainment Team at the Sports Hub to take part. (Adult only and suitable footwear should be worn)
Deck Games (Deck 17) Aft, Starboard Side

10.00am - SOLO GET TOGETHER

A chance to meet your fellow guests who are also travelling solo in this un-hosted get-together.
The Crow's Nest (Deck 17) Forward

10.00am - LINE DANCING

Try something fun and different today with a lively line dancing class. All ages and abilities welcome. Suitable footwear should be worn.
The Limelight Club (Deck 6) Forward

10.00am - YOGA

A fantastic entry level class to help you stretch, de-stress and relax during your cruise. (Please note: a nominal fee applies for this class.)
Oasis Gym (Deck 5) Forward

10.00am - ACUPUNCTURE WALK IN CLINIC

Chinese medicine is a proven and complete medical system that is effective for pain, digestive problems, and stress. Stop by Oasis Spa to find out how acupuncture can help you feel better.
Oasis Spa (Deck 6) Forward

10.00am - DIAMOND PRESENTATION & FLASH SALE

Learn all about Diamonds, the four Cs, what to look for, what to avoid, and how to get the best value. Plus, a special feature on the now closed Argyle mine of Australia and how it influenced the Diamond industry. Our flash sale will run for two hours after the talk, do not miss out.
Ocean Studios 3 (Deck 6) Aft

10.30am - THEME QUIZ - SOUND AND VISION

Join your host of Brodie's as they test your knowledge in today's themed challenge.
Brodie's (Deck 7) Forward

From 10.30am

10.30am - INSTANT WRINKLE SOLUTIONS

Visit Dr.Lourdes to learn more about how to instantly add volume to the face and erase the visible signs of ageing. Add volume to lines around the mouth and chin for a natural, youthful appearance. You can also improve the appearance of lipstick lines. Results are instant and long lasting.
Oasis Spa (Deck 6) Forward

10.30am - CHRISTMAS BAUBLE DECORATING

Come and get your creative hat on as we decorate Baubles for this fun festive event. We will be holding a competition in the Atrium where we will crown Santa's best helper!
The Club House (Deck 8) Aft

11.00am - ROBERTO COIN TALK

This distinctive brand is noted for its excellent workmanship and the jewellery is signed with the setting of a small Ruby hidden on the inside of each piece. Join our Brand Ambassador to explore something new.
Roberto Coin Boutique (Deck 7) Midship

11.00am - GUEST SPEAKER - TV PRODUCER JULIAN DISMORE

See back page for details.
Headliners Theatre (Decks 6 & 7) Forward

11.00am - FRIENDS OF BILL W GET-TOGETHER

Join your fellow guests in this informal un-hosted get-together.
The Crow's Nest (Deck 17) Forward

11.00am - FITSTEPS

See 9.00am for details.
The Limelight Club (Deck 6) Forward

11.00am - SHOW ME THE MONET- THE FINE ART OF INVESTMENT

Ever wondered why people pay astronomical sums for art? Find out more about some of the most expensive paintings of all time. From why pieces sell for millions of pounds to how you can find the right investment piece for you, this is a fascinating insight into this globally growing market.
Ocean Studios 3 (Deck 6) Aft

11.00am - SECRETS TO A FLATTER STOMACH

Ever wonder why we always seem gain weight on our stomach and why this weight is often the hardest to shift? Join our Personal Trainers as they demonstrate tried and tested ways of losing abdominal fat.
The 710 Club (Deck 6) Midship

11.30am - CITIZEN ECO-DRIVE WATCHES

Citizen is a pioneer in watchmaking and innovative technology, founded in 1918 on the principle of creating watches for all citizens of the world. On a full charge, an Eco-Drive watch runs for months even in darkness with no need for regular battery replacement. Learn more at our in-store talk.
Tech Store (Deck 7) Midship

11.30am - £5,000 MEGA-JACKPOT BINGO

See front page for details.
Brodie's (Deck 7) Forward

Noon - LINE DANCING

See 10.00am for details.
The Limelight Club (Deck 6) Forward

Noon - TAG HEUER TIMEPIECES TALK

Join our watch specialist to learn all about the history of one of the world's finest Swiss watch brands and manufacturer. This talk explores the origin, design inspiration and details of how TAG Heuer conquered the world of glamour and sports through watches.
Ocean Studios 3 (Deck 6) Aft

12.15pm - ARCHERY

Try your hand at archery this holiday and take a new skill back home. Suitable footwear should be worn. Weather permitting.
Arena Sports Court (Deck 19) Aft

12.30pm - BATTLE OF BRODIES

The ultimate brain teasing quiz where Brodie's will be split into two teams competing to be crowned the smartest on lona!
Brodie's (Deck 7) Forward

12.30pm-3.00pm - BLACKJACK TOURNAMENT QUALIFYING TWO + FINAL

See back page for details.
Casino (Deck 7) Forward

1.00pm - KALLATI JEWELLERY AUCTION

See back page for details.
The Limelight Club (Deck 6) Forward

From 1.00pm

1.00pm - LADIES' SPA PAMPER PARTY

Learn all the latest tips and tricks in the health and beauty industry. All who attend will receive a free Collagen Eye Treatment, free Neck and Bust Lifting Treatment, and a free Sun Glow makeover. One hour of pure pampering.
Ocean Studios 3 (Deck 6) Aft

1.00pm - TOP GUN MAVERICK (2022)

See showing today for details.
Headliners Theatre (Decks 6 & 7) Forward

1.30pm - THE ELF GAMESHOW

It's time to get in the Christmas spirit as 4 couples will compete against each other in our very own version of The Generation Game. Be prepared to race against the clock to complete various Christmas activities, hosted by Iona's Elves!
Grand Atrium (Deck 6) Midship

1.30pm-5.00pm - SPORTS HUB

Collect all your deck games and sporting equipment: Shuffleboard, Deck Quoits, Table Tennis, Football, Basketball and Golf. (Weather permitting)
Deck Games (Deck 17) Aft, Starboard Side

2.00pm - BASKETBALL

A friendly game of basketball. Meet one of the Entertainment Team at The Arena Sports Court to take part. (Exclusively for adults and Suitable footwear should be worn)
Arena Sports Court (Deck 19) Aft

2.00pm - RELIEVE BACK PAIN AND IMPROVE POSTURE

Join our Foot Specialist at this free seminar and learn what Good Feet can do for you! Free footprint analysis for all who attend.

The 710 Club (Deck 6) Midship

2.00pm - MINI POP DANCE CLASS FOR 2-4 YEAR OLDS

Mini pop dance lesson to get the little ones moving.

The Limelight Club (Deck 6) Forward 

2.00pm-2.45pm - BUSKER - MAX TOOGOOD-WOLVEY

Catch the amazing acoustic sounds of our Busker Max Toogood-Wolvey as the backdrop to your holiday.

Brodie's (Deck 7) Forward

2.30pm - ALL ABOUT RUM EXPERIENCE

Join us as we take you on a journey of discovery into our extensive range of Rums. Don't forget the UK customs allowance is 4 litres per person, so take advantage of the duty-free savings today.

Duty Free Store (Deck 7) Midship

2.30pm - ALADDIN PANTOMIME

See back page for details.

The Club House (Deck 8) Aft

3.00pm - FASHION FACTORY

Join our Fashion specialist in an interesting talk about some of our Fashion brands, and take advantage of 25% off fashion

Brands and sunglasses, for all the guests who attend the event.

Fashion Boutique (Deck 7) Midship

3.00pm - ASK THE ACUPUNCTURIST

Acupuncture and Chinese herbs offer effective, lasting relief from conditions such as pain, digestion problems, stress, insomnia and problems losing weight. Drop by Oasis Spa today to meet our Acupuncturist and find out how you may benefit.

The 710 Club (Deck 6) Midship

3.00pm - PAINTING THE TOWN, BANKSY AND MR BRAINWASH

See front page for details.

The Limelight Club (Deck 6) Forward

3.15pm - JUKEBOX HERO

Put another dime in the jukebox for this fun music challenge.

Brodie's (Deck 7) Forward

3.45pm - CHRISTMAS BAUBLE COMPETITION

Help us find Santa's best helper in this afternoon's judging of our Bauble Competition.

Grand Atrium Piano Bar (Deck 6) Midship

4.00pm - TABLE TENNIS

A classic and friendly game of ping-pong. Meet one of the Entertainment Team at the Sports Hub to take part. (Adult only and suitable footwear should be worn)

Deck Games (Deck 17) Aft, Starboard Side

From 4.00pm

4.00pm - GO HOME LOOKING 10 YEARS YOUNGER

Dr Lourdes offers the most effective cosmetic treatments for smoother, youthful looking skin. All consultations and treatments are provided by our licensed Medi-Spa Physician.

The 710 Club (Deck 6) Midship

4.15pm - £5,000 MEGA-JACKPOT BINGO

See side bar for details.

The Club House (Deck 8) Aft

4.30pm - CUERVO Y SOBRINOS UNVEILING

Discover the only Swiss watches with a Latin heritage that used to be one of Sir Winston Churchill's, Einstein's and many other famous figures' favourite timepieces. Join us to learn more about this iconic brand.

Luxury Watches Boutique (Deck 7) Midship

5.00pm TOUR DE CYCLE

During this unique cycling class, enhance your cardiac and physical capacity whilst stimulating your metabolism. Limited space is available. Sign up at the Health Club to reserve your bike. (A nominal fee applies for this class.)

Oasis Gym (Deck 5) Forward

5.00pm - GENTLEMEN TIMEPIECES

Luxury Watch Shop is inviting all Gentlemen for a one-on-one consultation with our watch specialist. Join us for the first ever

event and be treated to a glass of whiskey. Ladies are welcome too.

Luxury Watch Shop (Deck 7) Midship

5.00pm - INDIVIDUAL QUIZ

Twenty general knowledge questions for individual guests not as teams.

Brodie's (Deck 7) Forward

5.00pm - LGBTQ+ GET TOGETHER

A chance to meet your fellow LGBTQ+ guests in this un-hosted get-together.

The Crow's Nest (Deck 17) Forward

5.00pm - TEA PARTY WITH WALLACE & GROMIT

A special appearance from Wallace and Gromit at Kids Tea. Come and say hello to the cheese-loving inventor and his faithful four-legged friend.

Horizon Restaurant (Deck 6) Aft

6.00pm EVENING STRETCH

Enjoy a free fitness class with our Personal Trainer.

Oasis Gym (Deck 5) Forward

6.00pm - 6 O'CLOCK CHALLENGE

Join your Entertainment Host for tonight's challenge.

Brodie's (Deck 7) Forward

6.00pm - CELEBRATION NIGHT PHOTOS

See front page for details.

Grand Atrium (Decks 6 & 7) Midship

6.30pm - CHRISTMAS STORY TIME WITH ALADDIN PANTOMIME

Join the cast of Aladdin for a Christmas Story to brighten up our festive cheer!

Grand Atrium (Deck 6) Midship

6.45pm - THE NOISE NEXT DOOR

See front page for details.

Headliners Theatre (Decks 6 & 7) Forward

7.00pm - THE 710 CLUB - AMERICAN VINYL

"Essence of the 90s. Taking the era's iconic essence and dressing it in modern-day style. It's the 90s, reheard" - Gary Barlow, Music Director. Spaces in The 710 Club are limited, please book in advance using My Holiday. Make sure you arrive before the performance begins to guarantee your booking - as seating is first come, first served. The doors will open 30 minutes before the performance starts, so order a drink and enjoy the live music experience.

The 710 Club (Deck 6) Midship

7.30pm - VOCALIST - NICKIE SIMMS

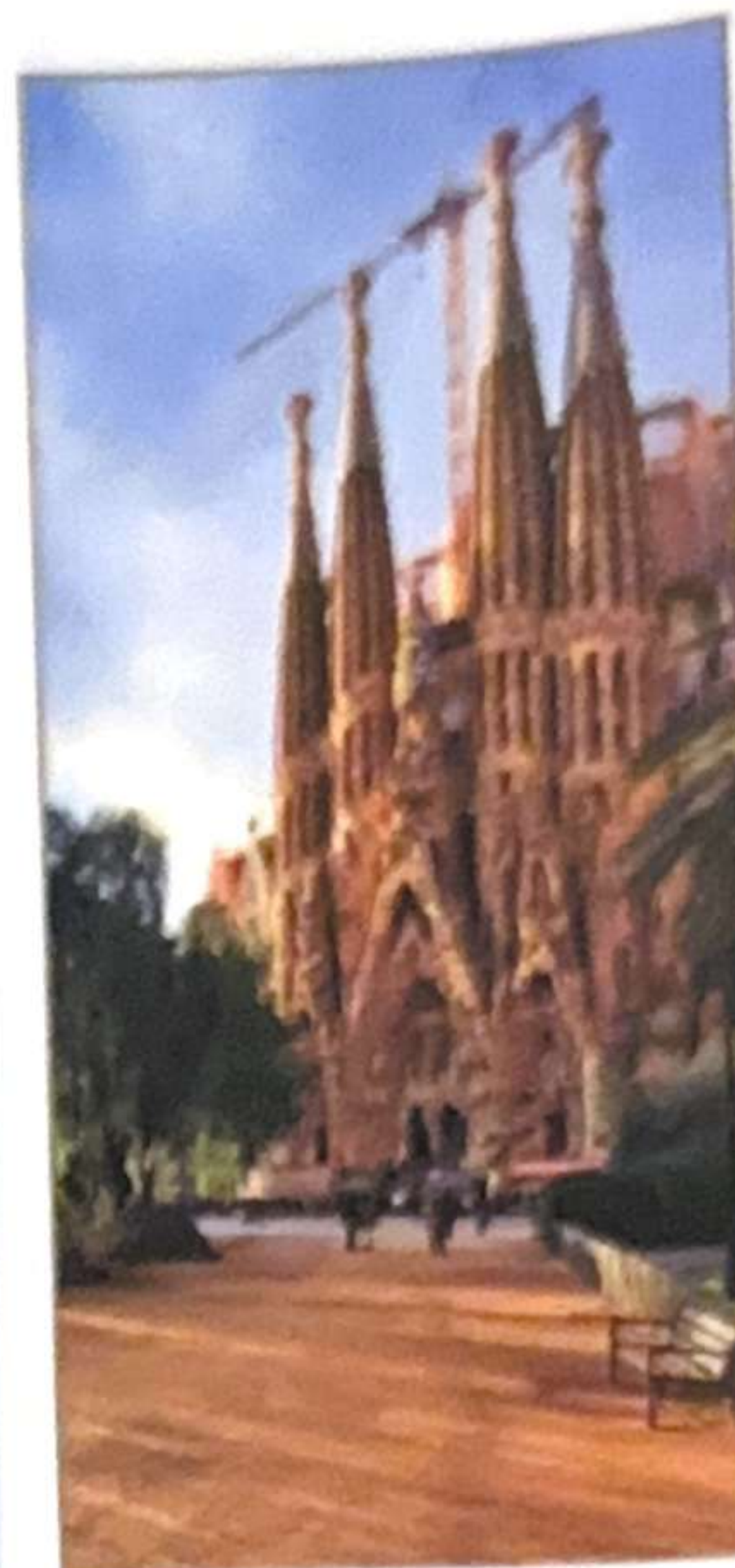
See front page for details.

SkyDome (Decks 16 & 17) Midship

7.30pm-8.15pm - COCKTAIL PIANIST - JOSH NESBITT

Sit back, relax and enjoy some all-time musical favourites from our cocktail pianist Josh.

Grand Atrium Piano Bar (Deck 6) Midship



Cruise Of The Week

G341

30 December 2023

14 Nights

Southampton - Vigo
- Gibraltar - Alicante
- Barcelona - Valencia -
Seville (from Cadiz) -
Lisbon - Southampton

Prices from £999 per
person

With on-board spending
money from £190 per
cabin

8.00am-8.00pm
Loyalty & Cruise Sales
(Deck 7) Aft

Low deposit
of just £50pp*

PLUS

Extra on-board
spending money

**T&Cs apply



£5,000 Mega Jackpot Bingo

The Mega-Jackpot is up for grabs during each session, plus you will play for guaranteed cash prizes of at least £800.

Buy the 'Canoe for two' to double your chances to win the Jackpot.

Ticket sales close ten minutes before the session starts.

T&C's Apply.

Ticket Sales at the Casino:
10.00am-11.15am & 2.00pm-4.00pm

Ticket Sales at The Club House:
3.15pm-4.00pm

Eyes Down: 11.30am Brodie's

(Deck 7) Forward
4.15pm **The Club House (Deck 8) Aft**

From 8.00pm

8.00pm - LIVE QATAR WORLD CUP 2022
Argentina v Croatia. See back page for details.

Brodie's (Deck 7) Forward
8.00pm-8.45pm - GUILTY PLEASURES WITH PARTY BAND, PULSE
See front page for details.
The Club House (Deck 8) Aft

8.30pm - THE MARABELLE GIN EXPERIENCE
Visit us today between 8.30pm and 9pm for an informative talk and experience on the only Gin to be distilled at sea. Meet the Master distiller and find out what makes Marabelle so Unique.
Duty Free Shop (Deck 7) Midship

8.30pm - THE NOISE NEXT DOOR 
See front page for details.
Headliners Theatre (Decks 6 & 7) Forward

8.45pm - THE 710 CLUB - AMERICAN VINYL 
See 7.00pm for details.
The 710 Club (Deck 6) Midship

9.00pm - VOCALIST - NICKIE SIMMS
See front page for details.
SkyDome (Decks 16 & 17) Midship


9.00pm-11.00pm - CASINO PRIZE WINNING HOT SEATS
Could you be sitting in a Hot Seat? Active Casino slots and tables players selected for random draws every 30 minutes. Casino credits, bingo tickets and other prizes to be won. You must be present to win.
Casino (Deck 7) Forward

9.15pm-10.00pm - PIANO VOCALIST - DAVID REID
Sit back, relax and enjoy some all-time musical favourites from our piano vocalist David Reid.
The Crow's Nest (Deck 17) Forward


9.30pm-10.15pm - COCKTAIL PIANIST - JOSH NESBITT
Cocktail pianist Josh presents more of your favourites.
Grand Atrium Piano Bar (Deck 6) Midship

9.30pm-10.15pm - GUILTY PLEASURES WITH PARTY BAND, PULSE
See front page for details.
The Club House (Deck 8) Aft

10.15pm-11.00pm - PIANO VOCALIST - DAVID REID
David Reid is back at the piano with more of your favourites.
The Crow's Nest (Deck 17) Forward

10.30pm - THE NOISE NEXT DOOR 
See front page for details.
Headliners Theatre (Decks 6 & 7) Forward

10.30pm - VOCALIST - NICKIE SIMMS
See front page for details.
SkyDome (Decks 16 & 17) Midship

10.30pm - THE 710 CLUB - AMERICAN VINYL 
See 7.00pm for details.
The 710 Club (Deck 6) Midship

10.30pm-Midnight - KARAOKE
Shy by day, unstoppable karaoke force by night? Show us what you've got in our popular karaoke session. Adults only.
The Limelight Club (Deck 6) Forward

10.45pm-11.30pm - COCKTAIL PIANIST - JOSH NESBITT
Josh is back with more piano classics.
Grand Atrium Piano Bar (Deck 6) Midship

11.00pm-11.45pm - GUILTY PLEASURES WITH PARTY BAND, PULSE
See front page for details.
The Club House (Deck 8) Aft

11.15pm-Midnight - BUSKER - MAX TOOGOOD-WOLVEY
Amazing acoustic sounds with Max Toogood-Wolvey.
Brodie's (Deck 7) Forward

11.15pm-Midnight - PIANO VOCALIST - DAVID REID
David Reid is back at the piano with more of your favourites.
The Crow's Nest (Deck 17) Forward

12.15am - THE 710 CLUB - AMERICAN VINYL 
See 7.00pm for details.
The 710 Club (Deck 6) Midship

Showing Today At Ocean Studios



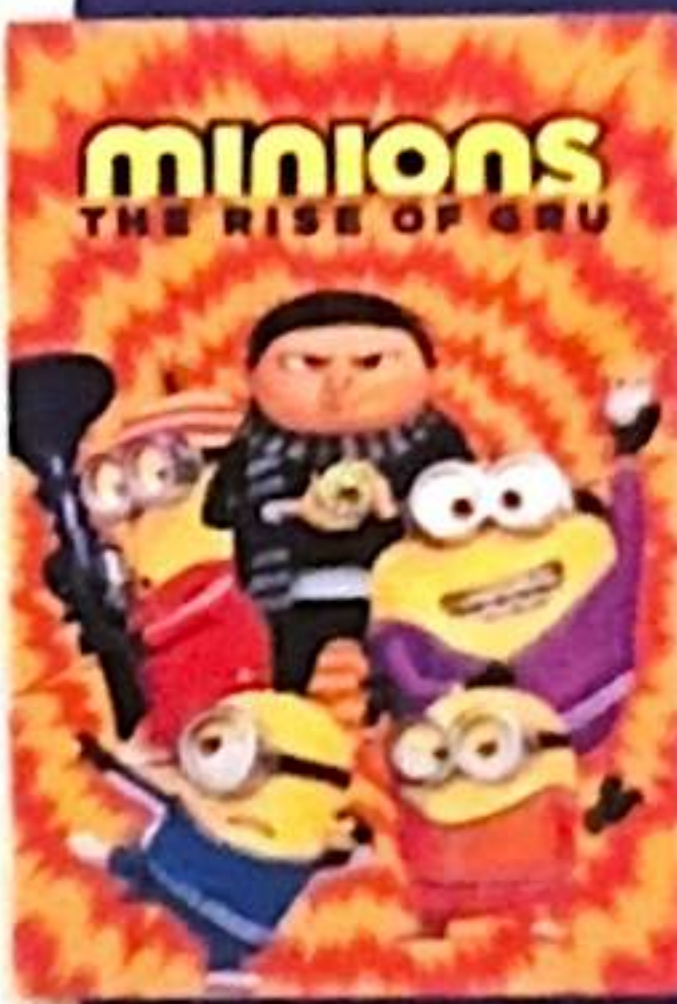
Jurassic World Dominion
Studio 1 - 9.00am, Noon, 3.00pm, 6.00pm & 9.00pm
Studio 2 - 9.15am, 12.15pm, 3.15pm, 6.15pm & 9.15pm
Starring: Chris Pratt, Bryce Dallas Howard, Laura Dern
Rated: 12A
Running Time: 2hrs 27mins

Four years after the destruction of Isla Nublar, dinosaurs now live—and hunt—alongside humans all over the world. This fragile balance will reshape the future and determine, once and for all, whether human beings are to remain the apex predators on a planet they now share with history's most fearsome creatures in a new Era.



Bullet Train (2022)
Studio 3 - 5.00pm, 8.00pm & 11.00pm
Starring: Brad Pitt, Joey King, Aaron Taylor-Johnson
Rated: 18

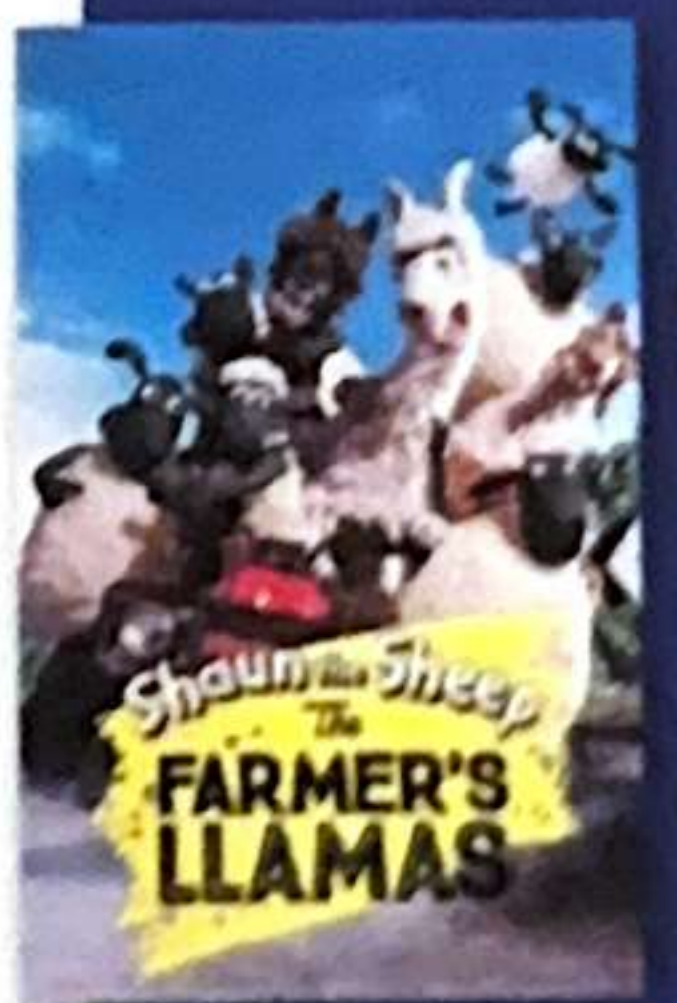
Running Time: 2hrs 7mins
Five assassins aboard a swiftly-moving bullet train find out that their missions have something in common.



Minions - The Rise Of Gru (2022)
Studio 4 - 10.30am, 1.30pm, 4.30pm & 7.30pm

Starring: Steve Carell, Pierre Coffin, Alan Arkin
Rated: PG
Running Time: 1hrs 27mins

The untold story of one twelve-year-old's dream to become the world's greatest supervillain.



The Farmers Llamas
Studios 3 - 11.30am
Starring: Justin Fletcher, John Sparkes, Sean Connolly, Chris Grimes
Rated: U

Running Time: 27mins
Shaun the Sheep gets the Farmer to bring home three llamas from the County Fair.

Showing Today At Headliners Theatre



Top Gun Maverick
1.00pm
Starring: Tom Cruise, Jennifer Connelly, Miles Teller
Rated: 12A
Running Time: 2hrs 10mins

After thirty years, Maverick is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads TOP GUN's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it.