

RECREATION AND ACTIVITY SCHEDULE



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|----------------------------|------------------------------------|---|-------------------------|-------------------------------|------------------------|--|
| 09.00am | MALDIVIAN LEAF ORIGAMI | PADEL MATCH WITH COACH** | HOUSE REEF SNORKELLING* | TENNIS MATCH WITH PRO** | PADEL TENNIS CHALLENGE | MALDIVIAN LEAF ORIGAMI | SEABOB RIDER* |
| | Tasting Table | Padel Court | Diving Center | Tennis Court | Padel Court | Tasting Table | Watersports- |
| 11.00am | ISLAND SOUVENIRS PAINTING* | VINYASA YOGA | MINDFULNESS MEDITATION | CORE TRAINING | LOWER BODY WORKOUT | YIN YOGA | AYURVEDIC TRIDOSHA CONSULTATION WITH DR. GOPAL** |
| | Artist Studio | Spa | Spa | Fitness Center | Fitness Center | Spa | Spa |
| 3.00pm | HIIT TRAINING | MAT PILATES | ARTIST LIVE PAINTING | POWER YOGA | ART OF BREATHING | PHOTOGRAPHY 101* | FITNESS STRETCHING |
| | Fitness Center | Fitness Center | Nava | Spa | Spa | Shutterfish Studio | Fitness Center |
| 5.00pm | BEACH FOOTBALL | T-SHIRT PAINTING** | 4.00-4.30PM DISCOVER MARINE LIFE PRESENTATION W/ MARINE BIOLOGIST | BEACH VOLLEYBALL | SUNSET PAINTING* | BEACH BADMINTON | SUNSET LIVE PAINTING @ 6:30-7:30PM |
| | Nava | Artist Studio | Peacock Alley | Nava | Artist Studio | Nava | Amber |
| 9.00pm | DUO BAND | NEON SILENT DISCO & LIGHT ART SHOW | CINEMA UNDER THE STARS | DUO BAND | BEACH PARTY & FIRE DANCE SHOW | DUO BAND | DUO BAND |
| | Peacock Alley | Nava | Nava | Peacock Alley | Nava | Peacock Alley | Peacock Alley |

*Chargeable Activities | **Advance bookings is required | All prices are subject to applicable government taxes and service charge