



RECREATION AND WELLNESS ACTIVITY SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00	MALDIVIAN LEAF ORIGAMI	LACQUER ART Tasting Table	TRADITIONAL WEAVING ART	LOCAL ARTIST LIVE PAINTING Tasting Table	MALDIVIAN LEAF ORIGAMI	LOCAL ARTIST LIVE PAINTING	TRADITIONAL WEAVING ART
09:30		PADEL TENNIS WITH COACH 30MINS		TENNIS WITH COACH 30MINS			
	Tasting Table	Padel Court	Tasting Table	Tennis Court	Tasting Table	Tasting Table	Tasting Table
11:00	FLOW YOGA 30MINS Spa	FULL BODY CARDIO WORKOUT 30MINS Fitness Centre	AQUA FITNESS 30MINS Aqua Wellness Center	PRANAYAMA 30MINS Spa	POWER YOGA 30MINS Spa	CORE TRAINING 30MINS Fitness Centre	VINYASA YOGA 30MINS Spa
11:30	MEDITATION 30MINS W/ VP VIPIN	NATURAL ANTI AGING WORKSHOP 45MINS W/ DR. SOHAL	HATHA YOGA 30MINS W/ DR. ALEENA + BREATH MEDITATION W/ VP VIPIN	NATURAL ANTI AGING WORKSHOP 45MINS W/ DR. SOHAL	TRANSCENDENTAL MEDITATION 30MINS	PILATES 45MINS	AYURVEDIC CONSULTATION WORKSHOP 30MINS W/ VP VIPIN
	Spa	Spa	Spa	Spa	Spa	Spa	Spa
	(12:00-16:00) DJ	(12:00-16:00) DJ	(12:00-16:00) DJ	(12:00-16:00) DJ	(12:00-16:00) DJ	(12:00-16:00) DJ	(12:00-16:00) DJ
	Nava	Nava	Nava	Nava	Nava	Nava	Nava
15:00	HIGH INTENSITY WORKOUT 30MINS Fitness Center	PILATES PRECISION 30MINS Fitness Center	BOX FIT BLAST 30MINS Fitness Center	HIIT HIGH INTENSITY TRAINING 30MINS Fitness Center	UPPER BODY WORKOUT 30MINS Fitness Centre	FIT AND FUN 30MINS Fitness Centre	GUIDED MEDITATION 30MINS Spa
15:00	POI DANCE CLASS	JUGGLING CLASS	CAPOEIRA	CRAB RACE	BASKETBALL SHOOTING GAME	PHOTOGRAPHY 101*	FIRE DANCE CLASS
	Nava	Nava	Nava	Nava	Tennis Court / Nava	Shutterfish Studio	Nava
16:00	COFFEE ART ON PAPER**	MARINE BIOLOGIST PRESENTATION	GARLANDO	TOTE BAG CANVAS PAINTING**	ISLAND SOUVENIRS PAINTING**	ART ON CANVAS**	T-SHIRT PAINTING**
	Stars Club	Peacock Alley	Nava	Stars Club	Stars Club	Stars Club	Stars Club
17:00	(18:30-19:30) SUNSET LIVE PAINTING	BILLIARD CHALLENGE	BEACH FOOTBALL	BEACH VOLLEYBALL	SUNSET PAINTING**	BEACH BADMINTON	BEACH FOOTBALL
	Amber	Nava	Nava Beach	Nava Beach	Stars Club	Nava Beach	Nava Beach
	(21:00 - 23:00) DUO BAND	(21:30 - 21:45) LED SHOW	(19:45-22:45) DJ NIGHT OUT	(21:00 - 23:00) DUO BAND	(21:00 - 23:00) DUO BAND	(21:00-23:00) NAVA BEACH PARTY WITH DJ	(21:00 - 23:00) DUO BAND Peacock Alley
				(21:30 - 21:45) ORBIT JUGGLING		(22:00-22:15) FIRE SHOW	(21:00-23:00) CINEMA UNDER THE STARS
	Peacock Alley	Peacock Alley	Zuma	Peacock Alley	Peacock Alley	Nava	Nava

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