



8<sup>th</sup> – 30<sup>th</sup> NOVEMBER 2024 WELLNESS & RECREATION

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00 am – 7.45 am	Power Yoga at the Yoga Pavilion	Vinyasa Yoga at the Yoga Pavilion	Sun Salutation Yoga at the Yoga Pavilion	Running Club From the Gym	Power Yoga at the Yoga Pavilion	Sun Salutation Yoga at the Yoga Pavilion	Running Club From the Gym
11.00 am - 12.00 pm	Aerial Yoga (Trial – 20 mins) at the Yoga Pavilion (max. 4 person)	*Ocean Creatures Resin Craft Workshop at the Collective	* Couples Yoga at the Yoga Pavilion  *Waves & Wonders Resin Craft Workshop at the Collective	Boxing (Trial – 30 mins) at the Umi beach	*Muay Thai Boxing at the Yoga Pavilion (max 4 person)  *Ocean Creatures Resin Craft Workshop at the Collective	*Pilates on a Mat at the Yoga Pavilion (max 8 person)  *Waves & Wonders Resin Craft Workshop at the Collective	* Couples Yoga at the Yoga Pavilion
3.00 pm – 4.00 pm	* TRX Workout at the Gym (max 2 person)	*Aerial Yoga at the Yoga Pavilion (max.4person)	* TRX Workout at the Gym (max 2 person)	*Muay Thai Boxing at the Yoga Pavilion (max 4 person)	Salsa Dance Class at Yoga Pavilion	*Aerial Yoga at the Yoga Pavilion (max.4person)	*Kick Boxing at the Yoga Pavilion (max 4 person)
5.00 pm – 6.00 pm	* The Space of Consciousness Meditation at the Yoga Pavilion	Enhance your Stretching at the Yoga Pavilion	* Yoga Nidra Meditation at the Yoga Pavilion	Aqua Aerobics at the Main Pool 30 min	*Inner Silence Meditation at the Yoga Pavilion	* TRX Workout at the Gym (max 2 person)	Enhance your Stretching at the Yoga Pavilion
5.30 pm – 6.15 pm	Beach Volleyball Match At Lighthouse Beach					Beach Volleyball Match At Lighthouse Beach	

- Private Muay Thai / Kick Boxing | at Yoga Pavilion | USD 150++ Per Adult
- Private Kids Muay Thai / Kick Boxing | at Yoga Pavilion | USD 75++ Per Child
- Couple's Muay Thai / Kick Boxing | at Yoga Pavilion | USD 250++ Per Couple
- Private Salsa Dance Class | at Yoga Pavilion | USD 75++ Per Person
- Personal Training | at Gym | USD 75++ Per Person

- Private Yoga | at Yoga Pavilion | USD 75++ Per Person
- Couples Aerial Yoga | at Yoga Pavilion | USD 150++ Per Couples
- Private Emotional Crystal Healing | at Avi Spa | USD 175++ Per Person
- Private Meditation | at Avi Spa | USD 75++ Per Person
- Private Pilates / TRX | USD 75++ Per Person

Activities marked with \* are available on request subject to availability and charges may apply.

Advance reservations are required. Above price are quoted in US Dollar and subject to 10% service charge and 16% GST. For reservations and further information, kindly communicate with your friendly Island Curator



## 8<sup>TH</sup> TO 30<sup>TH</sup> NOVEMBER 2024 KIDS ACTIVITIES



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	CREATIVE EXPLORERS DAY	OCEAN ADVENTURES	PIRATES DAY	MAGIC & ART FIESTA	SPLASH ADVENTURES	NATURE DISCOVERY	MALDIVIAN TREATS
09:00 am - 10:00 am	Free Play	Free Play	Free Play	Free Play	Free Play	Free Play	Free Play
10:00 am - 11:00 am	Planet Trekkers Creative Special – Palm Bark Painting	*Fun Tube! USD 55++ per child at the Marine	Planet Trekkers Origami Special - Make your Pirate Hat	Planet Trekkers Creative Special – Kurumba (Coconut) Painting	Planet Trekkers Creative Special – Paper Plate Dinosaur	Planet Trekkers Creative Special – Recycled Fruit Basket	Planet Trekkers Origami Special - Maldivian Palm Leaf Weaving
11:00am - 12:00 pm	*Cookies Creation (max.6 children) at the Collective	*Canvas Painting	*Cupcake Artists (max.6 children) at the Collective	*Paint Your Own T-Shirt	*Canvas Painting	*Bag Painting	*Paint Your Maldivian Special T-Shirt
12:00 pm - 01:00 pm	Kids Movie Time	Kids Movie Time	Kids Movie Time	Kids Movie Time	*Pizza Making (max. 6 children) at the Collective	Kids Movie Time	Kids Movie Time
03:00 pm - 04:00 pm	Garden Games: Dog & Bone	*Sparkling Sea Creatures (Resin Art Workshop)	“The Legend of Pirates of Maamunagau” – Storytelling Session	Henna Tattoo	*Sparkling Sea Creatures (Resin Art Workshop)	Garden Games: Dodgeball	Henna Tattoo
04:00 pm - 05:00 pm	Face Painting	*Discover Snorkelling At the Lagoon	Young Pirates’ Face Painting	Mini Magic Show	Mini Manta Biologists	Face Painting	Mini Magic Show
05:00 pm - 06:00 pm	Kids Splash Fun	Kids Beach Adventures	*Pirates of Maamunagau Cruise	Kids Mini Disco	Kids Football	Nature Scavenger Hunt	*Sunset Catchers (max. 2 children) at Umi Beach

Kids Pool Timings at Planet Trekkers are 10 – 11 am & 3 – 4 pm.

\*Charges are applicable for highlighted activities, quoted in US Dollars and subject to 10% Service Charge and 16% GST.

Planet Trekkers Activities are accessible upon pre-booking. The above program is subject to change due to weather conditions and the number of participants present for each activity.

## 8<sup>th</sup> – 30<sup>th</sup> NOVEMBER 2024 TEENS ACTIVITIES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07.00 am - 8.00 am	Power Yoga at the Yoga Pavilion	Vinyasa Yoga at the Yoga Pavilion	Sun Salutation Yoga at the Yoga Pavilion	Running Club From the Gym	Power Yoga at the Yoga Pavilion	Sun Salutation Yoga at the Yoga Pavilion	Running Club From the Gym
10.00 am – 11.00 am							
11.00 am – 12.00 am	*Teen Spa Special at AVI SPA 10:00am- 1:00pm		Ice Coffee and Ice Tea Master at the Pool Bar	Boxing (Trial – 30 mins) at the Umi beach	*Boxing (at the Yoga Pavilion)	Ice Coffee and Ice Tea Master at the Pool Bar	
12.00 pm – 01.00 pm		*Cooking Class at the Collective	Aerial Yoga (Trial – 20 mins) at the Yoga Pavilion (max. 4 person)		*Cooking Class at the Collective USD 45++ per person		
01.00 pm – 02.00 pm							
03.00 pm – 04.00pm	Manta Teen Talk Tea at the Collective		*Reef & Resin Custom Phone Covers at the Collective	*Muay Thai Boxing at the Yoga Pavilion (max 4 person)		*Reef & Resin Custom Phone Covers at the Collective	*Kick Boxing at the Yoga Pavilion (max 4 person)
04.00 pm – 05.00 pm		Mocktail Master at the Pool Bar				Mocktail Master at the Pool Bar	
05.00 pm – 05.30 pm				Dance Tok (Aqua Aerobics) at the Main Pool 30 min (minimum 6 teens)			Dance Tok (Aqua Aerobics) at the Main Pool 30 min (minimum 6 teens)
05.30 pm – 06.00 pm	Beach Volleyball Match At Lighthouse Beach					Beach Volleyball Match At Lighthouse Beach	
06.00 pm – 07.00 pm			*Teen BBQ At the Lighthouse Beach (minimum 6 teens)		*Fishing Trip & BBQ Local Style At the Marine Center (minimum 4 teens)		
08:00 pm - 09.00 pm	Movie Mania At the Umi Beach (minimum 4 teens)					Movie Mania At the Umi Beach (minimum 4 teens)	

\* Teen Activities are accessible upon pre-booking

\* The Above programme is subject to change due to weather conditions and the number of participants for each activity

**NOVEMBER 2024 MARINE ACTIVITIES**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	06.00 am – 08.00 am *Sunrise Fishing (min. 4 person)			06.00 am – 08.00 am *Sunrise Fishing (min. 4 person)		
08.30 am – 12.30 pm Boat Dive (Certified Divers)		08.30 am – 12.30 pm Boat Dive (Certified Divers)	08.30 am – 12.30 pm Boat Dive (Certified Divers)		08.30 am – 12.30 pm Boat Dive (Certified Divers)	08.30 am – 12.30 pm Boat Dive (Certified Divers)
	09.30 am - 11.30 am *House Reef Dive/ *Discover Scuba Diving		09.30 am - 11.30 am *House Reef Dive/ *Discover Scuba Diving		09.30 am - 11.30 am *House Reef Dive/ *Discover Scuba Diving	09.30 am - 11.30 am *House Reef Dive/ *Discover Scuba Diving
	10.00 am – 11.00 am *Fun Tube (Kids Club)			10.00 am - 12.00 noon Pool / Bubblemaker (8-9 years old)		
09.30 am – 11.30 am *Manta Excursion (min. 4 person)	10.00 am – 12.00 noon *Adventure Snorkelling (Coral Garden) (min. 4 person)	10.00 am – 12.00 pm *Turtle Safari (min. 4 person)	09.30 am – 11.30 am *Manta Excursion (min. 4 person)	10.00 am – 12.00 noon *Adventure Snorkelling (Coral Garden) (min. 4 person)	09.30 am – 11.30 am *Manta Excursion (min. 4 person)	10.00 am – 12.00 pm *Turtle Safari (min. 4 person)
02.30 pm - 04.30 pm *House Reef Dive/ *Discover Scuba Diving	02.00 pm - 05.00 pm *Boat Dive / *Discover Scuba Diving	02.30 pm - 04.30 pm *House Reef Dive/ *Discover Scuba Diving	02.00 pm - 05.00 pm *Boat Dive / *Discover Scuba Diving	02.30 pm - 04.30 pm *House Reef Dive/ *Discover Scuba Diving	02.00 pm - 05.00 pm *Boat Dive / *Discover Scuba Diving	02.00 pm - 05.00 pm *Boat Dive / *Discover Scuba Diving
02.30 pm - 04.00 pm *Group Snorkelling (min. 4 person)	02.30 pm - 04.30 pm Pool / Bubblemaker (8-9 years old)	02.30 pm - 04.00 pm *Group Snorkelling (min. 4 person)		02.30 pm - 04.00 pm *Group Snorkelling (min. 4 person)		
	05.00 pm - 05.30 pm Secrets of the Blue Talk At the Retreat	03.00 pm - 04.00 pm *Discover Snorkelling		03.00 pm - 04.00 pm *Discover Snorkelling		03.00 pm - 04.00 pm *Discover Snorkelling
05.30 pm - 07.30 pm *Dolphin Cruise (min. 4 person)	06.00 pm - 08.00 pm *Sunset Fishing (min. 4 person)	05.00 pm - 07.30 pm *Local Island Visit (min. 4 person)	05.30 pm - 07.30 pm *Dolphin Cruise (min. 4 person)	06.00 pm - 08.00 pm *Sunset Fishing (min. 4 person)	05.30 pm - 07.30 pm *Dolphin Cruise (min. 4 person)	06.00 pm - 08.00 pm *Sunset Fishing (min. 4 person)

- \*Private House Reef Snorkelling | 1 hour | USD 95++ per person
- \*Private Crownline | Max 4 person | USD 450++ per hour
- \*Private Paraboat | Max 6 person | USD 500++ per hour
- \*Private Dhoni | Max 8 person | USD 475++ per hour
- \*Night Snorkelling | Min 2 person | USD 110++ per person
- \*Private Coast Craft | Max 8 person | USD 550++ per hour
- \*Coast Craft Big Game Fishing | Max 8 person | USD 650++ per hour

Cancellation: No charges is cancelled 24 hours prior to the activity. 50% charged if cancelled 23 to 13 hours prior to the activity. 100% charged if cancelled 6 hours prior to the activity or no show  
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