



1st – 21st DECEMBER 2024 WELLNESS & RECREATION

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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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	Sun Salutation Yoga at the Yoga Pavilion	Power Yoga at the Yoga Pavilion	Running Club From the Gym
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10:00 am- 10.30 am	Holistic Wellness at AVI Spa by Yoko Kawaguchi		Holistic Wellness at AVI Spa by Yoko Kawaguchi		Holistic Wellness at AVI Spa by Yoko Kawaguchi		Holistic Wellness at AVI Spa by Yoko Kawaguchi
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11.00 am - 12.00 pm	Aerial Yoga (Trial – 20 mins) at the Yoga Pavilion (max. 4 person)	Muay Thai Boxing (Trial – 30 mins) at the Umi beach	* Couples Yoga at the Yoga Pavilion	*Upper Body Workout at the Gym (max 6 person)	*Muay Thai Boxing at the Yoga Pavilion (max 4 person)	*Pilates on a Mat at the Yoga Pavilion (max 8 person)	* Couples Yoga at the Yoga Pavilion
	Aqua Aerobics at the Main Pool 30 min	*Ocean Creatures Resin Craft Workshop At the Collective	*Waves & Wonders Resin Craft Workshop At the Collective	*Ocean Creatures Resin Craft Workshop At the Collective	*Waves & Wonders Resin Craft Workshop At the Collective	*Ocean Creatures Resin Craft Workshop At the Collective	*Waves & Wonders Resin Craft Workshop At the Collective

3.00 pm – 4.00 pm	* TRX Workout at the Gym (max 2 person)	* Salsa Dance Class at Yoga Pavilion (max 8 person)	*Aerial Yoga at the Yoga Pavilion (max.4person)	*Pilates on a Mat at the Yoga Pavilion (max 8 person)	Salsa Dance Class at Yoga Pavilion	*Aerial Yoga at the Yoga Pavilion (max.4person)	*Kick Boxing at the Yoga Pavilion (max 4 person)
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5.00 pm – 6.00 pm	*Singing Bowl at the Yoga Pavilion		*Singing Bowl at the Yoga Pavilion	Aqua Aerobics at the Main Pool 30 min	*Inner Silence Meditation at the Yoga Pavilion	Enhance your Stretching at the Yoga Pavilion	
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5.30 pm – 6.15 pm	Beach Volleyball Match At Lighthouse Beach					Beach Volleyball Match At Lighthouse Beach	Football Academy at the Football Court (max 6 person) 45 min
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- **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**
- **Resin Art Workshops | at Collective | 10 am – 7 pm (Tuesday to Sunday)**

- **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**
- **Private Football Academy | at Football Court | U**

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



1st TO 21st DECEMBER 2024 KIDS ACTIVITIES



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	CREATIVE EXPLORERS DAY	PIRATES DAY	OCEAN ADVENTURES	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! at the Marine	Planet Trekkers Origami Special - Make a Jelly Fish	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
11:00 am - 12:00 pm	*Cookies Creation (max.6 children) at the Collective	*Glass Painting	*Cupcake Artists (max.6 children) at the Collective	*T-Shirt Painting	*Canvas Painting	*Bag Painting	*Paint Your Maldivian Special T-Shirt
12:00 pm - 01:00 pm	Kids Movie Time	Planet Trekkers Origami Special - Make your Pirate Hat	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) at the Collective	Face Painting	Henna Tattoo	*Sparkling Sea Creatures (Resin Art Workshop) at the Collective	Garden Games: Dodgeball	Henna Tattoo
04:00 pm - 05:00 pm	Face Painting	Young Pirates' Face Painting	Outdoor Games	Mini Magic Show	Mini Manta Biologists	Face Painting	Mini Magic Show
05:00 pm - 06:00 pm	Kids Splash Fun	*Pirates of Maamunagau Cruise	Kids Beach Adventures	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.

1ST – 21ST DECEMBER 2024 TEENS ACTIVITES

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	*Teen Spa Special at AVI SPA 10:00am- 1:00pm						
11.00 am – 12.00 am		Muay Thai Boxing (Trial – 30 mins) at the Umi beach	Ice Coffee and Ice Tea Master at the Pool Bar		*Muay Thai 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		
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			*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)			Enhance your Stretching at the Yoga Pavilion
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



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 (House Reef)		03.00 pm - 04.00 pm *Discover Snorkelling (House Reef)		03.00 pm - 04.00 pm *Discover Snorkelling (House Reef)
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 Crowline | 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
Advance reservations are required. Above price are subject to 10% service charge and 16% GST. For reservations and further information, kindly communicate with your friendly Island Curator.