

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00am to 9.00am	6.00am to 6.45am	8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am
Rising Flow Yoga at the Yoga Pavilion	Sunrise Yoga at the Sandbank	Breath – Flow Yoga at the Yoga Pavilion	Mat Pilates at the Yoga Pavilion	Sunrise Champagne Breakfast at the Sandbank Price: US\$328 per couple	Gentle Flow Yoga at the Yoga Pavilion	Sun Salutation at the Yoga Pavilion
8.00am to 5.30pm	8.00am to 5.30pm	8.00am to 5.30pm	10.30am to 12.30pm	8.00am to 5.30pm	8.00am to 5.30pm	11.00am to 11.30am
Catamaran Sailing in COMO Cocoa Lagoon with Captain Price: US\$100 per hour Advance booking required	Guided Kayak Exploration Price: US\$30 per person Advance booking required	Guided Kayak Exploration Price: US\$30 per person Advance booking required	Reef Explorer Snorkelling Trip by Boat Price: US\$70 per person Advance booking required	Paddle-boarding in COMO Cocoa Lagoon	Catamaran Sailing & Snorkelling Price: US\$160 per hour Advance booking required	Spritzer Sunday at Faru Bar Price: US\$45 per person Advance booking required
10.30am to 12.30pm	10.30am to 12.30pm	9.00am to 5.00pm	10.30am to 12.30pm	9.00am to 12.00pm or 2.00pm to 5.00pm	10.30am to 12.30pm	11.00am to 12.00pm
Shark Adventure Snorkelling Trip by Boat Price: US\$75 per person Advance booking required	Coral Propagation with Marine Biologist Δ Price: from US\$200 Advance booking required	Whaleshark Expedition Snorkelling and Picnic Price: US\$2000 Advance booking required	Lagoon Tiki Cocktails at Faru Bar Price: US\$45 per person Advance booking required	Nurse Shark Snorkelling Trip by Speedboat Price: US\$900 Advance booking required	Turtle Snorkelling Expedition by Boat Δ Price: US\$75 per person Advance booking required	Joints Mobilisation at the Hydrotherapy Pool Price: US\$30 per person Advance booking required – Max 6 person
11.00am to 11.30am	11.00am to 11.30am	11.00am to 11.30am	11.00am to 12.00pm	10.00am to 11.00am	11.00am to 12.00pm	2.00pm to 3.00pm
Wellness Talk at the Yoga Pavilion “Simple ways to calm Your Nervous System”	Hydrotherapy Circuit* at the Hydrotherapy Pool Advance booking required – Max 6 person	Breath well, Feel better at the Yoga Pavilion	Aqua Yoga at the Hydrotherapy Pool Price: US\$30 per person Advance booking required – Max 6 person	COMO Shambhala Hour at COMO Shambhala Reception A 15-minute neck and shoulder massage alongside refreshments Advance booking required	Reformer Pilates at the Pilates Studio (A 15-minute fundamental exercise) One complimentary session per guest Advance booking required	Pastry Class by Chef Thiam Δ Price: US\$75 per person Advance booking required
2.00pm to 3.00pm	11.00am till Late	3.00pm to 3.30pm	12.30pm to 2.30pm	Available All Day	4.30pm to 6.30pm	5.00pm to 5.45pm
Guided Snorkelling at COMO Cocoa House Reef Δ Advance booking required	Island Sangria at Faru Bar Price: US\$45 per person Advance booking required	Meditation at the Yoga Pavilion	Cooking Class Price: US\$75 per person Advance booking required	Private Island Picnic at COMO Cocoa Sandbank Price: US\$388 per couple	Sunset Cruise Δ Price: US\$125 per person Advance booking required	Biodiversity and Sustainability Talk at Marine Sport Centre Δ
3.00pm to 4.00pm	3.00pm to 4.00pm	4.00pm to 5.00pm	2.00pm to 3.00pm	5.30pm to 9.00pm	5.00pm to 9.00pm	5.30pm to 6.15pm
Foundational Yoga at the Yoga Pavilion	Restorative Yoga at the Yoga Pavilion	Scuba Diving Trial Complimentary 15-minute sampler	Guided Snorkelling at COMO Cocoa House Reef Δ Advance booking required	Negroni Flight Night at Faru Bar Price: US\$45 per person	Make Your Own Gin and Tonic Price: US\$25 per person	Sunset Yoga at the Sandbank
6.00pm to 7.00pm	4.30pm to 6.30pm	5.30pm to 7.30pm	3.00pm to 4.00pm	7.00pm onwards	5.30pm to 6.15pm	5.30pm to 7.30pm
UV Night Snorkeling at COMO Cocoa House Reef Price: US\$100 per person Advance booking required	Sunset Cruise Δ Price: US\$125 per person Advance booking required	Sunset Fishing by Boat Δ Price: US\$125 per person Advance booking required	Yin Yoga at the Yoga Pavilion	Yakiniku Dinner Price: US\$228 per couple Advance booking required	Guide Deep Relaxation at the Yoga Pavilion. Price: US\$30 per person Advance booking required	Sunset Fishing by Boat Δ Price: US\$125 per person Advance booking required
7.00pm to 10.00pm	7.00pm to 10.00pm	7.00pm to 10.00pm	7.00pm to 10.00pm	7.00pm onwards	7.00pm to 10.00pm	5.30pm Onwards
Tented Candlelit Dinner on the Beach Price: US\$298 per couple	Thai Set Menu Supplement of US\$28 per person on Full Board and Half Board Advance booking required	Romantic Dinner at the Sandbank Price: US\$688 per couple	Ocean Harvest BBQ Supplement of US\$65 per person on Full Board and Half Board Advance booking required	Cinema Under The Stars Δ Price: US\$150 per couple	Indian Thali Set Menu Supplement of US\$28 per person on Full Board and Half Board Advance booking required	Sunset, Champagne and Oysters at Private Jetty Price: US\$200 per couple

POINTS TO NOTE

- All prices are subject to a 10 per cent service charge and prevailing government taxes.
- Most activities require 24-hour advance booking. Cancellation fees may apply for activities cancelled with short notice. Outdoor activities are subject to change based on weather conditions.
- Δ indicates family-friendly activities.
- Private or tailor-made activities and special dining options can be organised daily upon request, with advance notice.
- Scheduled activities at the Marine Sport Centre have a minimum capacity of two participating adults. Participants must be able to swim. Whale shark and Nurse shark excursions have a maximum capacity of six participants. Other scheduled activities require only one adult. Cooking classes have a maximum capacity of four participants. Please bring sun screen, and wear suitable attire (including footwear) for outdoor activities.

For more details, please contact the Guest Services Team on extension 0.