# SCHEDULE OF DAILY ACTIVITIES

COMO
MAALIFUSHI

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| Time: Guest preferred time | Time: Guest preferred time | 7.00am to 9.00am | Time: Guest preferred time | Time: Guest preferred time | Time: Guest preferred time | 7.00am to 9.00am |
| Game Fishing<br>On Request, Subject to Availability<br>Kindly enquire with your Villa Host for pricing | Game Fishing<br>On Request, Subject to Availability<br>Kindly enquire with your Villa Host for pricing | Bubbly Breakfast<br>Price: US$399 per couple | Game Fishing<br>On Request, Subject to Availability<br>Kindly enquire with your Villa Host for pricing | Game Fishing<br>On Request, Subject to Availability<br>Kindly enquire with your Villa Host for pricing | Game Fishing<br>On Request, Subject to Availability<br>Kindly enquire with your Villa Host for pricing | Bubbly Breakfast<br>Price: US$399 per couple |
| 7.00am to 9.00am | 10.00am to 12.00pm | 10.00am to 12.00pm | 10.00am to 12.00pm | 7.00am to 9.00am | 10.00am to 12.00pm | 10.00am to 12.00pm |
| Enjoy a Floating Breakfast<br>Price: US$86 per couple | Offshore Turtle Snorkeling<br>Price: US$75 per person | Kayak and Snorkeling Adventure<br>Price: US$50 per person | Offshore Reef Explorer<br>Price: US$70 per person | Enjoy a Floating Breakfast<br>Price: US$86 per couple | Offshore Turtle Snorkeling<br>Price: US$75 per person | Offshore Reef Explorer<br>Price: US$70 per person |
| 10.00am to 12.00pm | 12.00pm to 3.00pm | 10.00am to 12.00pm | 3.00pm to 4.30pm | 10.00am to 12.00pm | 12.00pm to 3.00pm | 3.00pm to 3.30pm |
| Private Boat Hire<br>Kindly enquire with your Villa Host for pricing | Taco Tuesday at Thila<br>Price: À la carte | Private Boat Hire<br>Kindly enquire with your Villa Host for pricing | Aqua Safari with Marine Biologist<br>Price: US$70 per person | Private Boat Hire<br>Kindly enquire with your Villa Host for pricing | Kebab Lunch at Thila<br>Price: À la carte | Kids Marine Biology Presentation<br>Marine Sports Centre |
| 10.30am to 11.30am | 3.00pm to 3.30pm | 4.30pm to 5.30pm | 4.30pm to 6.30pm | 10.30am to 11.30am | 3.00pm to 3.30pm | 4.30pm to 6.30pm |
| Guided Turtle and Reef Snorkeling Safari at House Reef | Marine Biology Presentation<br>Marine Sports Centre | Try Dive at the Lagoon<br>Introductory Experience | Dolphin Cruise<br>Price: US$125 per person<br>US$62.5 per child | Guided Turtle and Reef Snorkeling Safari at House Reef | Marine Biology Presentation<br>Marine Sports Centre | Dolphin Cruise<br>Price: US$125 per person<br>US$62.5 per child |
| 4.30pm to 6.30pm | 3.30pm to 4.30pm | 5.00pm to 7.00pm | 5.00pm to 6.00pm | 4.30pm to 6.30pm | 4.30pm to 6.30pm | 6.30pm to 7.30pm |
| Splash Net Cruise by Dhoni<br>Price: US$125 per person | Guided Marine Biologist Snorkeling<br>Price: US$50 per person | Sunset Bottom Fishing<br>Price: US$125 per person<br>*Caught fish will be cooked at Madi or Tai | Romantic Sailing by Traditional Dhoni<br>Price: US$220 per couple | Splash Net Cruise by Dhoni<br>Price: US$125 per person | Private Boat Hire<br>Kindly enquire with your Villa Host for pricing | UV Night Snorkeling at House Reef<br>Price: US$100 per person |
| 7.00pm to 10.00pm | 4.30pm to 6.30pm | 7.00pm to 10.00pm | 6.30pm to 7.30pm | 7.00pm to 10.00pm | 5.00pm to 7.00pm | 7.00pm to 10.00pm |
| Candlelit Dinner<br>Price: US$100 (Set-up only) | Private Boat Hire<br>Kindly enquire with your Villa Host for pricing | Private Cinema Under the Stars<br>Price: US$450 per couple | UV Night Snorkeling at House Reef<br>Price: US$100 per person | Private Cinema Under the Stars<br>Price: US$450 per couple | Sunset Bottom Fishing<br>Price: US$125 per person<br>*Caught fish will be cooked at Madi or Tai | Private Cinema Under the Stars<br>Price: US$450 per couple |
| 7.00pm to 10.00pm | 7.00pm to 10.00pm | 7.00pm to 10.00pm | 7.00pm to 10.00pm | 7.00pm to 10.00pm | 7.00pm to 10.00pm | 7.00pm to 10.00pm |
| Flavours of India at Madi<br>No additional supplement for guests on full board or half board | Omakase Set Dinner at Tai<br>Supplement of US$50 per person on full board or half board | Lobster and Champagne at Madi<br>No additional supplement for guests on full board or half board | Romantic Beach Dinner<br>Price: US$550 per couple | Sea, Fire, Land and Salt at Madi<br>No additional supplement for guests on full board or half board | Omakase Set Dinner at Tai<br>Supplement of US$50 per person on full board or half board | Candlelit Dinner<br>Price: US$100<br>(Set-up only) |

- Advance booking is required for all activities. For any inquiries or to check the availability of activities, please contact your dedicated Villa Host, who will be delighted to assist you.
- Private or tailor-made trips based on the excursions listed here can be organised on request. For more details please contact the Guest Services team on extension 0.
- Children aged three to 11 years old will be charged 50 per cent of the excursion price. Infants under three years old will not be charged for any excursions. All children and infants under 12 years old need to be accompanied by a parent or guardian.
- Please give at least two hours notice before the excursion start time for any cancellations. A 50 per cent cancellation fee will apply for notice of less than two hours.
- All prices are subject to a 10 per cent service charge and prevailing government taxes.
- *Denotes activities that allow a limited number of participants.

*Effective from 01 July 2026*

COMO MAALIFUSHI

# SCHEDULE OF WELLNESS ACTIVITIES

COMO SHAMBHALA MAALIFUSHI

| Rise and Revitalise – Early Bird Offer |
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| Start your day with an extended moment of tranquility. Book any treatment between 9.00am to 11.00am and receive an additional30 minutes at no extra cost. Reservations can be made at any time – offer valid exclusively for treatments scheduled within Early Bird Hours. |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| 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 | | 8.00am to 9.00am |
| Vinyasa yoga<br>Yoga pavilion | Hatha yoga<br>Yoga pavilion | Ashtanga yoga<br>Yoga pavilion | Vinyasa yoga<br>Yoga pavilion | Hatha yoga<br>Yoga pavilion | | Ashtanga yoga<br>Yoga pavilion |
| 11.00am to 12.00pm | 11.00am to 12.00pm | 11.30am to 12.00pm | 11.00am to 12.00pm | 11.00am to 12.00pm | | 11.30am to 12.00pm |
| Sound Healing Meditation<br>Group Session<br>US$35++ per person<br>Yoga Studio | Core Strength Yoga Training<br>US$35++ per person<br>Yoga Studio | Kids Yoga<br>Yoga Studio | Sound Healing Meditation<br>Group Session<br>US$35++ per person<br>Yoga Studio | Hip and Shoulder Yoga Mobility Training<br>US$35++ per person<br>Yoga Studio | | Kids Yoga<br>Yoga Studio |
| 4.00pm to 5.00pm | 4.00pm to 5.00pm | 4.00pm to 5.00pm | 4.00pm to 5.00pm | 4.00pm to 5.00pm | | 4.00pm to 5.00pm |
| Restorative yoga<br>Yoga pavilion | Restorative yoga<br>Yoga pavilion | Restorative yoga<br>Yoga pavilion | Restorative yoga<br>Yoga pavilion | Restorative yoga<br>Yoga pavilion | | Restorative yoga<br>Yoga pavilion |

Active Gentle

- Advance booking is required. Programme is subject to changes. For more information, please contact COMO Shambhala by dialling ‘2’ on your in-room phone
- All prices are subject to prevailing government taxes and service charges

# CLASS DESCRIPTION

COMO
SHAMBHALA
MAALIFUSHI

**Hatha yoga**
Focuses on physical postures, breathing exercises, and relaxation techniques. It is often slower-paced, making it accessible to beginners and great for stress relief.

**Vinyasa yoga**
Each movement is synchronized with an inhale and exhale, creating a smooth, flowing sequence of poses. It is suitable for those who enjoy a more active, energizing approach to yoga.

**Restorative yoga**
Slow-paced style of yoga that focuses on deep relaxation and stretching. Poses are held for several minutes, allowing the muscles to relax and the connective tissues to stretch and release tension. It is a calm and gentle practice and ideal to calm the mind after a long active day.

**Ashtanga Yoga**
A powerful and rhythmically flowing practice that links each movement to the breath, creating internal heat that purifies the body while improving flexibility, stamina, and focus.

**Core Strength yoga**
Custom-designed yoga poses with a controlled flow that cultivate deep body strength, enhance stability, and promote a breath-focused practice

**Sound Healing Meditation**
Experience a calming meditative journey guided by resonant sound vibrations designed to align your energy, quiet the mind, and melt away stress.

**Yoga Mobility Training**
A specific yoga mobility that targeted stiff areas like hips, shoulders and strengthens core, stability in legs and arms and full body strengths to restore freedom of movement.