

# SCHEDULE OF DAILY ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>7.00am to 9.00am</b> Enjoy a Floating Breakfast Price: US\$86 per couple	<b>10.00am to 12.00pm</b> Turtle Expedition Snorkelling by Dhoni Price: US\$75 per person	<b>7.00am to 9.00am</b> Enjoy a Floating Breakfast Price: US\$86 per couple	<b>10.00am to 12.00pm</b> Turtle Expedition Snorkelling by Dhoni Price: US\$75 per person	<b>7.00am to 9.00am</b> Enjoy a Floating Breakfast Price: US\$86 per couple	<b>10.00am to 12.00pm</b> Turtle Expedition Snorkelling by Dhoni Price: US\$75 per person	<b>7.00am to 9.00am</b> Enjoy a Floating Breakfast Price: US\$86 per couple
<b>10.00am to 12.00pm</b> Reef Explorer Snorkelling by Dhoni Price: US\$70 per person	<b>12.00pm to 3.00pm</b> Taco Tuesday at Thila Price: Advised on the menu	<b>11.30am to 4.00pm</b> Family Castaway Picnic Price: US\$700 for a family of four (two adults and two children)	<b>4.30pm to 5.30pm</b> Complimentary Guided Snorkelling at House Reef	<b>10.00am to 12.00pm</b> Kayak Snorkel Adventure Price: US\$50 per person	<b>11.30am to 4.00pm</b> Family Castaway Picnic Price: US\$700 for a family of four (two adults and two children)	<b>3.00pm to 4.00pm</b> Kids Marine Biology Presentation at the Marine Sports Centre
<b>4.30pm to 5.30pm</b> Complimentary Guided Snorkelling at House Reef	<b>4.00pm to 5.00pm</b> Guided Marine Biologist Snorkelling Price: US\$50 per person	<b>3.00pm to 5.00pm</b> Aqua Safari or Kids Aqua Safari with Marine Biologist Price: US\$70 per person	<b>4.30pm to 6.30pm</b> Splash Net with Dolphin Cruise by Dhoni Price: US\$125 per person	<b>10.00am to 12.00pm</b> Reef Explorer Snorkelling by Dhoni Price: US\$70 per person	<b>12.00pm to 3.00pm</b> Kebab Lunch at Thila Price: Advised on Menu	<b>4.30pm to 6.30pm</b> Splash Net with Dolphin Cruise by Dhoni Price: US\$125 per person
<b>4.30pm to 6.30pm</b> Dolphin Cruise by Dhoni Price: US\$125 per person	<b>4.30pm to 6.30pm</b> Local Island Visit Price: US\$100 per person	<b>4.30pm to 6.30pm</b> Dolphin Cruise by Dhoni Price: US\$125 per person	<b>5.00pm to 6.00pm</b> Sunset Sailing Price: US\$220 per couple	<b>11.30am to 4.00pm</b> Romantic Castaway Picnic at Lavadhoo Price: US\$400 per couple	<b>4.30pm to 6.30pm</b> Local Island Visit Price: US\$100 per person	<b>6.30pm to 7.00pm</b> Marine Biology Presentation at the Marine Sports Centre
<b>5.00pm to 6.00pm</b> Sunset Sailing Price: US\$220 per couple	<b>6.30pm to 7.30pm</b> UV Night Snorkelling at House Reef Price: US\$100 per person	<b>5.00pm to 7.00pm</b> Sunset Bottom Fishing by Dhoni Price: US\$125 per person *Caught fish will be cooked at Madi or Tai	<b>6.30pm to 7.00pm</b> Marine Biology Presentation at the Marine Sports Centre	<b>4.30pm to 6.30pm</b> Dolphin Cruise by Dhoni Price: US\$125 per person	<b>5.00pm to 6.00pm</b> Sunset Sailing Price: US\$220 per couple	<b>7.00pm to 10.00pm</b> Private Cinema Under the Stars Price: US\$400 per couple
<b>7.00pm to 10.00pm</b> Candlelit Dinner Price: US\$100 (Set-up only)	<b>5.00pm to 6.00pm</b> Sunset Sailing Price: US\$220 per couple	<b>7.00pm to 10.00pm</b> Private Cinema Under the Stars Price: US\$400 per couple	<b>5.00pm onwards</b> Sleepover at Lavadoo Price: US\$2600 per couple	<b>6.30pm to 7.30pm</b> UV Night Snorkelling at House Reef Price: US\$100 per person	<b>5.00pm to 7.00pm</b> Sunset Bottom Fishing by Dhoni Price: US\$125 per person *Caught fish will be cooked at Madi or Tai	<b>7.00pm to 10.00pm</b> Candlelit Dinner Price: US\$100 (Set-up only)
<b>7.00pm to 10.00pm</b> Island Feasting Indulge in a celebration of traditional Maldivian or Indonesian dishes on the Maalifushi shore US\$125 per person on breakfast only. Supplement of US\$50 per person on full board or half board	<b>7.00pm to 10.00pm</b> Omakase Set Dinner at Tai US\$165 per person on breakfast only. Supplement of US\$50 per person on full board or half board	<b>7.00pm to 10.00pm</b> Lobster and Champagne Indulge in a decadent five-course feast that features lobster as the star of the show. US\$430 per couple on breakfast only. Supplement of US\$230 per couple on full board or half board	<b>7.00pm to 10.00pm</b> Romantic Beach Dinner Price: US\$550 per couple	<b>7.00pm to 10.00pm</b> Sea, Fire, Land and Salt Enjoy a dinner of delicious, locally-caught seafood and choice cuts of meats as the stars emerge above the lagoon. US\$160 per person on breakfast only. Supplement of US\$65 per person on full board or half board	<b>7.00pm to 10.00pm</b> Omakase Set Dinner at Tai US\$165 per person on breakfast only. Supplement of US\$50 per person on full board or half board	<b>7.00pm to 10.00pm</b> Romantic Beach Dinner Price: US\$550 per couple

Daily - Join us for Sundowner at Thila Bar!  
Enjoy "Two for You, One on Us" from 5.30pm to 6.30pm—the perfect way to unwind

Advance booking is required for all activities. For any inquiries or to check the availability of activities, please contact your dedicated butler, 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 April 2025

## SCHEDULE OF FITNESS ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.00am to 9.00am	8.00am to 9.00am	7.00am to 8.00am	8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am
Hatha yoga Yoga pavilion ♡	Vinyasa yoga Yoga pavilion ♡	Sun rise yoga Yoga pavilion ♡	Hatha yoga Yoga pavilion ♡	Vinyasa yoga Yoga pavilion ♡	Fitness Class By Visiting Practitioner Tomislav Uroda Yoga Studio	Vinyasa yoga Yoga pavilion ♡
10.00am to 11.00am	5.00pm to 6.00pm	11.30am to 12.00pm	10.00am to 3.00pm	10.00am to 11.00am	9.00am to 5.00pm	11.30am to 12.00pm
Power Couple Yoga 60 minutes US\$165 per couple ♡	Kids Football Training By Professional Coach Tomislav Uroda Play By COMO US\$40 per child ♡	Kids yoga Yoga pavilion (Age 5-12 years old) ○	Embodiment Flow – Private Somatic Yoga 60 minutes US\$145 per guest US\$165 per couple ♡	Nervous System Reset 60 minutes US\$145 per guest US\$165 per couple ♡	Private Fitness Training By Visiting Practitioner Tomislav Uroda Yoga Studio /GYM US\$110 per adult guest US\$50 per child guest ♡	Kids yoga Yoga pavilion (Age 5-12 years old) ○
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	4.00pm to 5.00pm
Restorative yin yoga Yoga pavilion ○	Restorative yin yoga Yoga pavilion ○	Restorative yin yoga Yoga pavilion ○	Restorative yin yoga Yoga pavilion ○	Restorative yin yoga Yoga pavilion ○		Restorative yin yoga Yoga pavilion ○

♡ Active   ○ Gentle

- Advance booking is required. For Private Sessions. 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



## 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 or exhale, creating a smooth, flowing sequence of poses. It is suitable for those who enjoy a more active, energizing approach to yoga.

## Restorative yin 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.

## Self Defence Class

Designed to empower participants with the essential skills and confidence to protect themselves in various situations. These hands-on workshops focus on practical techniques, including striking, blocking, and evasive manoeuvres, suitable for all fitness levels.

## Fitness and Personal training

Focus on creating balanced workout routines that enhance physical fitness, promote overall well-being, and prevent injuries.

## Total Body Resistance (TRX) Workout:

develops flexibility, strength, endurance and sense of balance, resulting in improved posture and increased joint mobility.

## Agility Training Exercises:

designed to enhance speed, power, coordination and specific sports skills.

## Assisted Stretching

Enhance your flexibility while reducing muscle tension and relieving stiffness

## Kinesiotaping

Involves the use of elastic therapeutic tape to support the body during movement. This technique can aid in pain relief, reduce swelling and support injury recovery, making it an invaluable tool for athletes and those seeking to enhance their physical performance.

## Embodiment Flow – Private Somatic Yoga

Come home to your body through intuitive movement, somatic exploration, and embodied awareness. This session supports you in feeling more connected, trusting your inner wisdom, and moving from within—authentically and freely.

## Nervous System Reset

A deeply restorative journey designed to soothe your body and calm your mind. Through gentle breathwork, restorative Yin postures, and Yoga Nidra, this session helps you release stored tension, regulate your nervous system, and return to a grounded sense of peace and resilience.

## Power Couple Yoga

Designed for couples to deepen connection, build trust, and shared presence. Through playful partner yoga practices, you'll support and listen to one another—fostering intimacy, laughter, and closeness both on and off the mat.