

SCHEDULE OF DAILY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00am to 9.00am Enjoy a Floating Breakfast Price: US\$86 per couple	10.00am to 12.00pm Turtle Expedition Snorkelling by Dhoni Price: US\$75 per person	7.00am to 9.00am Bubbly Breakfast Price: US\$399 per couple	10.00am to 12.00pm Turtle Expedition Snorkelling by Dhoni Price: US\$75 per person	7.00am to 9.00am Enjoy a Floating Breakfast Price: US\$86 per couple	10.00am to 12.00pm Turtle Expedition Snorkelling by Dhoni Price: US\$75 per person	7.00am to 9.00am Bubbly Breakfast Price: US\$399 per couple
10.00am to 12.00pm Kayak Snorkel Adventure Price: US\$50 per person	12.00pm to 3.00pm Taco Tuesday at Thila Price: Advised on the menu	10.00am to 12.00pm Reef Explorer Snorkelling by Dhoni Price: US\$70 per person	12.00pm to 3.00pm Calzone Lunch at Thila Price: Advised on Menu	11.30am to 4.00pm Romantic Castaway Picnic at Lavadhoo Price: US\$400 per couple	11.30am to 4.00pm Family Castaway Picnic Price: US\$700 for a family of four (two adults and two children)	10.00am to 12.00pm Reef Explorer Snorkelling by Dhoni Price: US\$70 per person
4.30pm to 6.30pm Splash Net Cruise and Dolphin Watching Price: US\$125 per person US\$62.5 per child	3.00pm to 3.30pm Marine Biology Presentation at the Marine Sports Centre	11.30am to 4.00pm Family Castaway Picnic Price: US\$700 for a family of four (two adults and two children)	3.00pm to 4.30pm Aqua Safari or Kids Aqua Safari with Marine Biologist Price: US\$70 per person US\$35 per child	4.30pm to 6.30pm Splash Net Cruise and Dolphin Watching Price: US\$125 per person US\$62.5 per child	12.00pm to 3.00pm Kebab Lunch at Thila Price: Advised on Menu	3.00pm to 3.30pm Kids Marine Biology Presentation at the Marine Sports Centre
5.00pm to 6.00pm Romantic Sailing by Traditional Dhoni Price: US\$220 per couple	3.30pm to 4.30pm Guided Marine Biologist Snorkelling Price: US\$50 per person	4.30pm to 5.30pm Try Dive at the Lagoon – Introductory Experience	4.30pm to 6.30pm Dolphin Cruise Price: US\$125 per person US\$62.5 per child	5.00pm to 6.00pm Romantic Sailing by Traditional Dhoni Price: US\$220 per couple	3.00pm to 3.30pm Marine Biology Presentation at the Marine Sports Centre	4.30pm to 6.30pm Dolphin Cruise Price: US\$125 per person US\$62.5 per child
7.00pm to 10.00pm Candlelit Dinner Price: US\$100 (Set-up only)	4.30pm to 6.30pm Dolphin Cruise Price: US\$125 per person US\$62.5 per child	4.30pm to 5.30pm Complimentary Guided Snorkelling at House Reef	5.00pm to 6.00pm Romantic Sailing by Traditional Dhoni Price: US\$220 per couple	7.00pm to 10.00pm Private Cinema Under the Stars Price: US\$450 per couple	4.30pm to 5.30pm Complimentary Guided Snorkelling at House Reef	6.30pm to 7.00pm UV Night Snorkelling at House Reef Price: US\$100 per person
7.00pm to 10.00pm Private Cinema Under the Stars Price: US\$450 per couple	5.00pm to 7.00pm Sunset Bottom Fishing Price: US\$125 per person *Caught fish will be cooked at Madi or Tai	4.30pm to 6.30pm Local Island Visit Price: US\$100 per person	6.00pm to 7.00pm UV Night Snorkelling at House Reef Price: US\$100 per person	7.00pm to 10.00pm Candlelit Dinner Price: US\$100 (Set-up only)	5.00pm to 7.00pm Sunset Bottom Fishing Price: US\$125 per person *Caught fish will be cooked at Madi or Tai	7.00pm to 10.00pm Candlelit Dinner Price: US\$100 (Set-up only)
7.00pm to 10.00pm Island Feasting Indulge in a celebration of traditional Maldivian dishes on the Maalifushi shore US\$125 per person on breakfast only. Supplement of US\$50 per person on full board or half board	7.00pm to 10.00pm Omakase Set Dinner at Tai US\$165 per person on breakfast only. Supplement of US\$50 per person on full board or half board	7.00pm to 10.00pm 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	7.00pm to 10.00pm Omakase Set Dinner at Tai US\$165 per person on breakfast only. Supplement of US\$50 per person on full board or half board	7.00pm to 10.00pm 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	7.00pm to 10.00pm Omakase Set Dinner at Tai US\$165 per person on breakfast only. Supplement of US\$50 per person on full board or half board	7.00pm to 10.00pm Omakase Set Dinner at Tai US\$165 per person on breakfast only. Supplement of US\$50 per person on full board or half board

Enjoy Sundowners at Thila Bar daily with live music 5.30pm - 6.30pm with a complimentary glass of Prosecco or Aperol Spritz

Discover Scuba Diving – A Complimentary Companion Dive

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 January 2026

COMO MAALIFUSHI

SCHEDULE OF WELLNESS ACTIVITIES



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
Hatha yoga Yoga pavilion 	Vinyasa yoga Yoga pavilion 	Ashtanga yoga Yoga pavilion 	Sun Salutation Flow Yoga pavilion 	Hatha yoga Yoga pavilion 		Ashtanga yoga Yoga pavilion 
11.30am to 12.00pm	11.00am to 12.00am	11.30am to 12.00pm	11.00am to 12.00am	02.00pm to 03.00pm	11.00am to 11.30am	11.30am to 12.00pm
Sound Healing Meditation Group Session US\$35++ per person Yoga Studio 	PELVIC AWARENESS PRACTICE FOR WOMAN Visiting Practitioner Anna Corisio Group Session US\$60++ per person Yoga Studio 	Kids yoga (Age 5-12 years old) Yoga Studio 	POSTURE AND FASCIAL RELEASE Visiting Practitioner Anna Corisio Group Session US\$60++ per person Yoga Studio 	Partner yoga US\$130++ per couple Yoga Pavilion 	COMO CONVERSATION Integrative Wellness Visiting Practitioner Anna Corisio Complimentary Yoga Studio 	Kids yoga (Age 5-12 years old) 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 Yoga pavilion 	Restorative yoga Yoga pavilion 	Restorative yoga Yoga pavilion 	Restorative yoga Yoga pavilion 	Restorative yoga Yoga pavilion 		Restorative yoga 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

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.

Sun Salutation Flow

A flowing series of 12 yoga poses performed with mindful breath, celebrating the Sun as a source of vitality, clarity, and renewal.

Partner Yoga

Designed for couples to deepen connection, build trust, and cultivate shared presence. Through playful and supportive partner-based postures, you'll listen to one another, strengthen communication, and foster closeness both on and off the mat.

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 Nidra

A guided yogic sleep practice that brings the body into profound rest while gently expanding inner awareness.

