

# 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> Reef Explorer Snorkelling by Dhoni Price: US\$70 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>10.00am to 12.00pm</b> Kayak Snorkel Adventure 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>11.30am to 4.00pm</b> Romantic Castaway Picnic at Lavadhoo Price: US\$400 per couple	<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>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 6.30pm</b> Dolphin Cruise by Dhoni Price: US\$125 per person	<b>4.30pm to 5.30pm</b> Complimentary Guided Snorkelling at House Reef	<b>12.00pm to 3.00pm</b> Kebab Lunch at Thila Price: Advised on Menu	<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 7.00pm</b> Sunset Bottom Fishing by Dhoni Price: US\$125 per person *Caught fish will be cooked at Madi or Tai	<b>4.30pm to 6.30pm</b> Splash Net with Dolphin Cruise by Dhoni Price: US\$125 per person	<b>5.00pm to 6.00pm</b> Sunset Sailing Price: US\$220 per couple	<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>4.30pm to 6.30pm</b> Splash Net with Dolphin Cruise by Dhoni Price: US\$125 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>5.00pm to 6.00pm</b> Sunset Sailing Price: US\$220 per couple	<b>6.30pm to 7.00pm</b> UV Night Snorkelling at House Reef Price: US\$100 per person	<b>6.30pm to 7.00pm</b> Marine Biology Presentation at the Marine Sports Centre	<b>7.00pm to 10.00pm</b> Private Cinema Under the Stars Price: US\$400 per couple	<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\$450 per couple
<b>7.00pm to 10.00pm</b> Candlelit Dinner Price: US\$100 (Set-up only)	<b>7.00pm to 10.00pm</b> Romantic Beach Dinner Price: US\$550 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>7.00pm to 10.00pm</b> Candlelit Dinner Price: US\$100 (Set-up only)	<b>6.30pm to 7.00pm</b> UV Night Snorkelling at House Reef Price: US\$100 per person	<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 May 2025

## SCHEDULE OF FITNESS ACTIVITIES

### Rise and Revitalise – Early Bird Offer

Start your day with an extended moment of tranquility. Book any treatment between 9.00am to 11.00am and receive an additional 30 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	7.00am to 8.00am	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 		Vinyasa yoga Yoga pavilion 
10.30am to 11.30pm	10.30am to 11.30pm	11.30am to 12.00pm	10.30am to 11.30pm	10.30am to 11.30pm	10.30am to 11.30pm	11.30am to 12.00pm
Hip 360 Yoga pavilion Group Class US\$60 per adult guest 	Happy Feet Yoga pavilion Group Class US\$60 per adult guest 	Kids yoga Yoga pavilion (Age 5-12 years old) 	Off the Shoulder Yoga pavilion Group Class US\$60 per adult guest 	Breezy Breath Yoga pavilion Group Class US\$60 per adult guest 	Couple Workshop Treatment Room Private Couple US\$155 per couple	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
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. 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.

## Hip 360

The master piece of longevity muscle is based on the hip region. The better function of the hip will provide the better joy and quality of life. A series of posture that will take you to explore your own range of motion, work on what is missing and expanding in to better sense of space for your entire body.

## Happy Feet

The way that your feet connect to the ground affects the entire structure alignment of the body. Stretch and mobilize both feet to bring the better support to the entire body. To move freely and perform better in daily life.

## Off the Shoulder

Focusing on releasing tension on neck and shoulder by bringing the sense of space toward the upper spine with the combination of mobility and muscle rehabilitation techniques.

By the end of the session your neck and shoulder should feel light and energize again.

## Breezy Breath

This class was inspired by the breeze and the openness of the stunning Maldives sea.

The combination of breath work and gentle stretch across the chest, neck line and upper spine. With the warmth of your breath the body will slowly tap in to the detoxification mode, setting the tone for your nerves system to rest and rejuvenate from within.

## Power Couple Yoga

A private couple's massage class, teaching you the skills you need to benefit from this centuries-old healing tradition at home.

Our massage therapist will teach both chair-based and massage bed techniques, explaining the anatomy of the back and the key areas to target.

## Assisted Stretching

Enhance your flexibility while reducing muscle tension and relieving stiffness

