

# WEEKLY YOGA & WELLNESS ACTIVITIES



An array of wellness and sports facilities complete The Spa’s offering; find inner peace and rejuvenation with guided yoga and meditation classes, top-of-the-line Technogym equipment, and personal fitness trainers at The Gym. Harness the healing power of water at The Pool with Aqua based exercises.

Day   Time	07:00	09:00	11:00	15:00	16:30	18:00	19:00
<b>Sunday</b>	Bootcamp Circuit Training at 07:00 The Gym	HIIT The Gym	Suspension Training The Gym	Bootcamp Circuit Training The Gym	TABATA The Gym	Dynamic Core Circuit The Gym	
<b>Monday</b>	Sunrise Yoga at 06:30 Yoga Pavillion	Suspension Training The Gym	TABATA The Gym	Dynamic Core Circuit The Gym	Aqua Yoga The Pool	Sunset Yoga* Yoga Pavillion Bootcamp Circuit Training The Gym	LED Ball Dance* The Gym
<b>Tuesday</b>	Sunrise Yoga* at 06:30 Yoga Pavillion HIIT at 07:00 The Gym	Functional Training The Gym	Dynamic Core Circuit The Gym	Aeroboxing The Gym	Aqua Fitness The Pool	Sunset Yoga Yoga Pavillion	Poi Tail Dance* The Gym
<b>Wednesday</b>	Sunrise Yoga at 06:30 Yoga Pavillion	Bootcamp Circuit Training The Gym	HIIT The Gym	Suspension Training The Gym	Aqua Yoga The Pool	Sunset Yoga* Yoga Pavillion TABATA The Gym	LED Ball Dance* The Gym
<b>Thursday</b>	Sunrise Yoga* at 06:30 Yoga Pavillion Bootcamp Training at 07:00 The Gym	Aeroboxing The Gym	Suspension Training The Gym	Funcational Training The Gym	Aqua Fitness The Pool	Sunset Yoga Yoga Pavillion	Poi Tail Dance* The Gym
<b>Friday</b>	Sunrise Yoga at 06:30 Yoga Pavillion	TABATA The Gym	Aeroboxing The Gym	Bootcamp Circuit Training The Gym	Aqua Yoga The Pool	Sunset Yoga* Yoga Pavillion HIIT The Gym	
<b>Saturday</b>	Sunrise Yoga at 06:30 Yoga Pavillion	HIIT The Gym	Bootcamp Circuit Training The Gym	Aeroboxing The Gym	TABATA The Gym	Sunset Yoga Yoga Pavillion	

All of the above yoga and fitness weekly group sessions are COMPLIMENTARY for all guests

Advance reservations are required for the above mentioned wellness activities

All activities mark with (\*) indicates that the class is chargeable.

Please contact your butler for reservations and further information

The above activities are subject to change based on weather conditions



### **HIIT**

High-Intensity Interval Training – efficient and effective. The ideal way to keep your body in shape while on vacation with minimal time. Burn calories and increase metabolism in this fun cardio workout that builds muscles with our experienced trainer to keep you motivated.

### **Bootcamp Circuit**

Join us for a comprehensive full-body workout designed to help transform your fitness through a high-energy session that will challenge you to push your limits.

### **Suspension Training**

Challenge your body in new ways with this innovative exercise technique that develops strength, balance, flexibility, and core stability simultaneously while leveraging gravity and your own body weight, under the guidance of our expert trainer.

### **Aqua Fitness**

Join for a fun yet challenging session where Zumba rhythms and dance steps mixed with gym exercises tone your muscles with the added power of water for increased movement, reduced joint stress, and strengthened muscles.

### **Functional Training**

Enhance your everyday movements and improve overall strength, flexibility, and mobility; these classes focus on functional exercises. Join us and discover how functional training can help you move better, feel stronger, and live your best life.

### **Dance Yoga:**

A dynamic blend of yoga and dance that encourages fluid movement and self-expression, synchronizing breath with graceful poses, and rhythmic sequences to invigorate the body and uplift the spirit.

### **Ashtanga Yoga:**

A structured practice following a specific sequence of poses, focusing on breath control and building strength, flexibility, and endurance, making it a powerful and meditative form of yoga.



### **Yin Yang Yoga:**

Combines the passive, meditative practice of Yin Yoga with the dynamic, active sequences of Yang Yoga, balancing slow, deep stretches with energizing flows to harmonize the body and mind.

### **Mat Pilates:**

A low-impact exercise method emphasizing core strength, flexibility, and alignment, using controlled movements on a mat to tone muscles, improve posture, and enhance overall body awareness.

### **Vinyasa Yoga:**

A flowing style of yoga linking breath with movement, creating a continuous sequence of poses that builds strength, flexibility, and mindfulness, while promoting a meditative state.

### **Aero Boxing**

A high-energy workout combining boxing techniques with aerobic movements, delivering a full-body cardiovascular workout that enhances agility, coordination, and endurance in a fun, upbeat environment.



### Restorative Yoga

A calming yoga practice focusing on gentle poses held for extended periods, supported by props, to promote deep relaxation, stress relief, and the rejuvenation of the body and mind.

### Animal Flow Yoga

A unique fitness program combining yoga, dance, and animal-like movements, focusing on bodyweight exercises to enhance strength, flexibility, and coordination while fostering creativity and fluidity.

### Aqua Fitness

A refreshing full-body workout in the water, combining cardio and strength training exercises that utilize water resistance to improve endurance, muscle tone, and overall physical fitness.

### Taebo

A total-body fitness program blending martial arts techniques with fast-paced cardio, designed to improve strength, flexibility, and coordination while burning calories and toning the body.

### Tabata

An intense interval training method involving 20 seconds of maximum effort exercises followed by 10 seconds of rest, repeated over eight cycles for a time-efficient, high-calorie-burning workout.

### Aqua Yoga

A gentle yet effective practice performed in water, utilizing the resistance and buoyancy of the water to enhance traditional yoga poses, improving flexibility, strength, and balance.

### Aqua Aerobics

A fun, low-impact workout performed in water, combining aerobic exercises with resistance training to improve cardiovascular health, muscle tone, and overall fitness, suitable for all ages and abilities.



# Private Yoga & Fitness Sessions

## PT Training

Our experienced trainers are dedicated to helping you maintain your focus and prioritise your health while you enjoy your time with us. Create a personalised fitness programme that caters to your current fitness level, prioritises your health objectives, and ensures a well-rounded and efficient use of your time.

- PT Starter I (Single)** ..... USD 50++  
1 session - 1 hour per session
- PT Starter II (Couple)** ..... USD 80++  
1 session - 1 hour per session
- PT Buddy Package (Guest Coach)** ..... USD 150++  
6 sessions - 30 minutes per session

## Family Package

This is a fitness class that everyone can enjoy. Improve your health and enjoy your time together with your family while getting the kids started early on a path of healthy habits. This workout will mix fun physical exercises which inspire everyone to keep moving, improve strength and stamina.

- Family Fitness Package** ..... USD 250++  
3 sessions kids Stretching - 1 hour per session  
3 session adult group fitness training - 1 hour per session  
Fitness assessment

## Hydrotherapy

In the largest pool in the Maldives, discover the restorative properties of water while being led by our trained expert through gentle motions and exercises. Our hydrotherapy sessions provide a calming haven to enhance general well-being, whether you're trying to relieve chronic pain or just want to relax.

- Hydrotherapy (Musculoskeletal)** ..... USD 100++  
3 sessions - 1 hour per session

## Private Yoga

Unwind and find your inner peace at your own time as our expert yogi guide you through personalised yoga sequences tailored to your specific needs. Whether you're a beginner or an experienced yogi, our private sessions offer a serene and focused environment for you to deepen your practice and achieve your.

- Yoga Regular** ..... USD 50++  
1 session - 1 hour per session
- Yoga Private** ..... USD 80++  
1 session - 1 hour per session
- Yoga in Villa** ..... USD 100++  
1 session - 1 hour per session

Advance reservations are required for the above mentioned private yoga and fitness sessions  
All prices above are in United States Dollars (USD) and subject to 10% Service Charge and 16% Government Tax  
Please contact your butler for reservations and further information