

SCHEDULE OF DAILY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	6.30am to 7.15am
Ashtanga at the Yoga Pavilion <small>Intermediate Level</small>	Mat Pilates at the Yoga Pavilion	Vinyasa at the Yoga Pavilion <small>Intermediate Level</small>	Suryanamaskar at the Yoga Pavilion <small>Intermediate Level</small>	Body in Balance by Visiting Practitioner Kim Koster at the Yoga Pavilion	Mat Pilates at the Yoga Pavilion	Sunrise Yoga at the Sandbank
10.30am to 12.30pm	10.30am to 12.30pm	9.00am to 5.00pm	10.30am to 12.30pm	8.00am to 9.00am	10.30am to 12.30pm	08:30am to 05:30pm
Shark Adventure Snorkelling Trip by Boat <small>Price: US\$75 per person</small>	Coral Propagation with Marine Biologist Δ <small>Price: from US\$200</small>	Whaleshark Expedition Snorkelling and Picnic <small>Price: US\$2000 Advance booking required</small>	Reef Explorer Snorkelling Trip by Boat <small>Price: US\$70 per person</small>	Sunrise Champagne Breakfast at the Sandbank <small>Price: US\$328 per couple</small>	Turtle Snorkelling Expedition by Boat Δ <small>Price: US\$75 per person</small>	Paddle-boarding in Cocoa Lagoon
12.30pm to 2.30pm	11.00am to 12.00pm	11.00am to 12.00pm	11.00am to 12.00pm	10.00am to 11.00am	11.00am to 12.00pm	11.00am to 12.00pm
Cooking Class Δ <small>Price: US\$75 per person Advance booking required</small>	Private Island Picnic at Cocoa Sandbank <small>Price: US\$388 per couple</small>	Family Yoga at the Yoga Pavilion Δ <small>Price: US\$165 per family (2 adults, 2 kids) Advance booking required</small>	Reformer Pilates at the Pilates Studio <small>Complimentary 15 minutes sampler Advance booking required Once per person per stay</small>	COMO Shambhala Hour <small>A 15-minute neck and shoulder massage alongside refreshments Advance booking required</small>	Aqua Yoga at Hydrotherapy Pool <small>Price: US\$155 per person Advance booking required</small>	Pilates Rehabilitation at the Pilates Studio <small>Price: US\$175 per person Advance booking required</small>
2.00pm to 3.00pm	11.00am to 12.00pm	3.00pm to 3.30pm	12.30pm to 2.30pm	9.00am to 12.00pm or 2.00pm to 5.00pm	3.00pm to 4.00pm	3.00pm to 4.00pm
Guided Snorkelling at COMO Cocoa House Reef Δ	Hydrotherapy Circuit at Hydrotherapy Pool <small>Price: US\$130 per couple Advance booking required</small>	Meditation at the Yoga Pavilion	Cooking Class <small>Price: US\$75 per person Advance booking required</small>	Nurse Shark Snorkelling Trip by Speedboat <small>Price: US\$900 Advance booking required</small>	Restorative Yoga at the Yoga Pavilion	Gentle Stretching at the Yoga Pavilion
3.00pm to 4.00pm	5.30pm to 6.15pm	5.30pm to 7.30pm	2.00pm to 3.00pm	5.00pm to 5.45pm	4.30pm to 6.30pm	3.00pm to 5.00pm
Yin Yoga at the Yoga Pavilion	Sunset Yoga at the Sandbank	Sunset Fishing by Boat Δ <small>Price: US\$125 per person</small>	Guided Snorkelling at COMO Cocoa House Reef Δ	Biodiversity and Sustainability Talk at Marine Sport Centre Δ	Sunset Cruise Δ <small>Price: US\$125 per person</small>	Pastry Class by Chef Thiam Δ <small>Price: US\$75 per person Advance booking required</small>
4.00pm to 5.00pm	4.30pm to 6.30pm	6.00pm to 07.00pm	3.00pm to 4.00pm	5.30pm to 9.00pm	5.00pm to 9.00pm	5.30pm to 7.30pm
Scuba Diving Trial <small>Complimentary 15-minute sampler</small>	Sunset Cruise Δ <small>Price: US\$125 per person</small>	UV Night Snorkelling at COMO Cocoa House Reef <small>Price: US\$100 per person</small>	Hatha Yoga at the Yoga Pavilion	Negrone Flight Night at Faru Bar <small>Price: US\$45 per person</small>	Make Your Own Gin and Tonic <small>Price: US\$25 per person</small>	Sunset Fishing by Boat Δ <small>Price: US\$125 per person</small>
7.00pm to 10.00pm	7.00pm to 10.00pm	7.00pm to 10.00pm	7.00pm to 10.00pm	7.00pm onwards	7.00pm to 10.00pm	5:30pm Onwards
Tented Candlelit Dinner on the Beach <small>Price: US\$298 per couple</small>	Indonesian Set Menu * <small>Price: US\$128 per person</small>	Romantic Dinner at the Sandbank <small>Price: US\$688 per couple</small>	Seafood BBQ * <small>Price: US\$175 per person</small>	Cinema Under The Stars Δ <small>Price: US\$150 per couple</small>	Indian Set Menu * <small>Price: US\$128 per person</small>	Sunset, Champagne and Oysters at Private Jetty <small>Price: US\$200 per couple</small>

POINTS TO NOTE

- All prices are subject to a 10 per cent service charge and prevailing government taxes.
- Most activities require 24-hour advance booking. Cancellation fees may apply for activities cancelled with short notice. Outdoor activities are subject to change based on weather conditions.
- Δ indicates family-friendly activities.
- * Supplement prices will be apply for guests on Half Board and Full Board basis.
- Private or tailor-made activities and special dining options can be organised daily upon request, with advance notice.
- Scheduled activities at the Marine Sport Centre have a minimum capacity of two participating adults. Participants must be able to swim. Whale shark and Nurse shark excursions have a maximum capacity of six participants. Other scheduled activities require only one adult. Cooking classes have a maximum capacity of four participants. Please bring sun screen, and wear suitable attire (including footwear) for outdoor activities.

For more details, please contact the Guest Services Team on extension 0.