

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 Intermediate Level	Mat Pilates at the Yoga Pavilion	Vinyasa at the Yoga Pavilion Intermediate Level	Ashtanga at the Yoga Pavilion Intermediate Level	Joint Mobility Class by Visiting Practitioner Matteo Pasquali 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 Price: US\$75 per person	Coral Propagation with Marine Biologist Δ Price: from US\$200	Whaleshark Expedition Snorkelling & Picnic Price: US\$2000 Advance booking required	Reef Explorer Snorkelling Trip by Boat Price: US\$70 per person	Sunrise Champagne Breakfast at the Sandbank Price: US\$328 per couple	Turtle Snorkelling Expedition by Boat Δ Price: US\$75 per person	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 Price: US\$75 per person Advance booking required	Private Island Picnic at Cocoa Sandbank Price: US\$388 per couple	Reformer Pilates at the Pilates Studio Complimentary 15 minutes sampler Advance booking required Once per person per stay	Family Yoga at the Yoga Pavilion Δ Price: US\$165 per family (2 adults, 2 kids) Advance booking required	COMO Shambhala Hour at COMO Shambhala Reception A 15-minute neck and shoulder massage alongside refreshments Advance booking required	Aqua Yoga at Hydrotherapy Pool Price: US\$155 per person Advance booking required	Pilates Rehabilitation at the Pilates Studio Price: US\$175 per person Advance booking required
2.00pm to 3.00pm	11.00am to 12.00pm	5.30pm to 6.15pm	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 Price: US\$130 per couple Advance booking required	Sunset Yoga at the Sandbank	Cooking Class Price: US\$75 per person Advance booking required	Nurse Shark Snorkelling Trip by Speedboat Price: US\$900 Advance booking required	Restorative Yoga at the Yoga Pavilion	Gentle Stretching at the Yoga Pavilion
3.00pm to 4.00pm	3.00pm to 3.30pm	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	Meditation Yoga at the Yoga Pavilion	Sunset Fishing by Boat Δ Price: US\$125 per person	Guided Snorkelling at COMO Cocoa House Reef Δ	Biodiversity and Sustainability Talk at Marine Sport Centre Δ	Sunset Cruise Δ Price: US\$125 per person	Pastry Class by Chef Thiam Δ Price: US\$75 per person Advance booking required
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 Complimentary 15-minute sampler	Sunset Cruise Δ Price: US\$125 per person	UV Night Snorkelling at House Reef Price: US\$100 per person	Hatha Yoga at the Yoga Pavilion	Negroni Flight Night at Faru Bar Price: US\$45 per person	Make Your Own Gin and Tonic Price: US\$25 per person	Sunset Fishing by Boat Δ Price: US\$125 per person
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 Price: US\$298 per couple	Indonesian Set Menu * Price: US\$128 per person	Romantic Dinner at the Sandbank Price: US\$688 per couple	Seafood BBQ * Price: US\$175 per person	Cinema Under The Stars Δ Price: US\$150 per couple	Indian Set Menu * Price: US\$128 per person	Sunset, Champagne and Oysters at Private Jetty Price: US\$200 per couple

**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.