

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 Yoga at the Yoga Pavilion | Mat Pilates at the Yoga Pavilion | Vinyasa at the Yoga Pavilion | Surya Namaskar at the Yoga Pavilion | Breathe and Flow at the Yoga Pavilion | Mat Pilates at the Yoga Pavilion | Sunrise Yoga at the Sandbank |
| 10.30am to 12.30pm | Available All Day | 9.00am to 5.00pm | 10.30am to 12.30pm | 8.00am to 9.00am | 10.30am to 12.30pm | Available All Day |
| Shark Adventure Snorkelling Trip by Boat Price: US\$75 per person | Paddle-boarding in Cocoa Lagoon | 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 | Windsurfing Equipment Rental at Marine Sports Centre |
| 12.30pm to 2.30pm | 10.30am to 12.30pm | 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 | Coral Propagation with Marine Biologist Δ Price: from US\$200 | 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 | 12.00pm to 3.00 pm | 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 the Hydrotherapy Pool US\$130 per couple Advance booking required | Private Island Picnic at Sandbank Price: US\$388 per couple | 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 | Manual Stretching at the Yoga Pavilion |
| 3.00pm to 4.00pm | 3.00pm to 3.30pm | 5.30pm to 6.15pm | 2.00pm to 3.00pm | 5.00pm to 5.45pm | 4.30pm to 6.30pm | 3.00pm to 5.00pm |
| Hatha Yoga at the Yoga Pavilion | Meditation Yoga at the Yoga Pavilion | Sunset Yoga at the Sandbank | 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 | 5.30pm to 7.30pm | 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 | Sunset Fishing by Boat Δ Price: US\$125 per person | Hatha Yoga at the Yoga Pavilion | Negrini 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 | Romantic Dinner at the Sandbank Price: US\$688 per couple | Yakiniku Dinner at Faru Beach Δ Price: US\$228 per couple | Cinema Under The Stars Δ Price: US\$150 per couple | Indian Set Menu | 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.
- 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.

Updated May 2024