

## 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	6.00am to 6.45am
Rising Flow Yoga at the Yoga Pavilion	Mat Pilates at the Yoga Pavilion	Breath-Flow at the Yoga Pavilion	Sun Salutation at the Yoga Pavilion	Meridian Stretch Qi Gong with Kimberly at the Yoga Pavilion	Gentle Flow Yoga 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 Advance booking required	Coral Propagation with Marine Biologist Δ Price: from US\$200 Advance booking required	Whaleshark Expedition Snorkelling and Picnic Price: US\$2000 Advance booking required	Reef Explorer Snorkelling Trip by Boat Price: US\$70 per person Advance booking required	Sunrise Champagne Breakfast at the Sandbank Price: US\$328 per couple	Turtle Snorkelling Expedition by Boat Δ Price: US\$75 per person Advance booking required	Paddle-boarding in Cocoa Lagoon
11.00am to 11.30am	11.00am to 11.30am	11.00am to 11.30am	11.00am to 12.00pm	10.00am to 11.00am	11.00am to 12.00pm	11.00am to 12.00pm
Wellness Talk at the Yoga Pavilion	Private Island Picnic at Cocoa Sandbank Price: US\$388 per couple	Breathing Exercise at the Yoga Pavilion	Reformer Pilates at the Pilates Studio Complimentary 15 minutes sampler Advance booking required Once per person per stay	COMO Shambhala Hour A 15-minute neck and shoulder massage alongside refreshments Advance booking required	Aqua Yoga at Hydrotherapy Pool Price: US\$30 per person Advance booking required	Gentle Stretching at the Yoga Pavilion
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	4.30pm to 6.30pm	3.00pm to 4.00pm
Guided Snorkelling at COMO Cocoa House Reef Δ Advance booking required	Hydrotherapy Circuit at Hydrotherapy Pool Advance booking required	Meditation at the Yoga Pavilion	Cooking Class Price: US\$75 per person Advance booking required	Nurse Shark Snorkelling Trip by Speedboat Price: US\$900 Advance booking required	Sunset Cruise Δ Price: US\$125 per person Advance booking required	Restorative Yoga Yoga Pavilion
3.00pm to 4.00pm	4.30pm to 6.30pm	4.00pm to 5.00pm	2.00pm to 3.00pm	5.00pm to 5.45pm	5.00pm to 9.00pm	3.00pm to 5.00pm
Yin Yoga at the Yoga Pavilion	Sunset Cruise Δ Price: US\$125 per person Advance booking required	Scuba Diving Trial Complimentary 15-minute sampler	Guided Snorkelling at COMO Cocoa House Reef Δ	Biodiversity and Sustainability Talk at Marine Sport Centre Δ	Make Your Own Gin and Tonic Price: US\$25 per person	Pastry Class by Chef Thiam Δ Price: US\$75 per person Advance booking required
6.00pm to 7.00pm	5.30pm to 6.15pm	5.30pm to 7.30pm	3.00pm to 4.00pm	5.30pm to 9.00pm	5.30pm to 6.15pm	5.30pm to 7.30pm
UV Night Snorkeling at COMO Cocoa House Reef Price: US\$100 per person Advance booking required	Sunset Yoga at the Sandbank	Sunset Fishing by Boat Δ Price: US\$125 per person Advance booking required	Foundational Yoga at the Yoga Pavilion	Negroni Flight Night at Faru Bar Price: US\$45 per person	Sleep Yoga at the Yoga Pavilion	Sunset Fishing by Boat Δ Price: US\$125 per person Advance booking required
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	Thai 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 / Maldivian 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.

Updated April 2025