

SCHEDULE OF DAILY ACTIVITIES



COMO
MAALIFUSHI

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00am to 9.00am	10.00am to 12.00pm	7.00am to 9.00am	10.00am to 12.00pm	7.00am to 9.00am	10.00am to 12.00pm	7.00am to 9.00am
Enjoy a Floating Breakfast Price: US\$86 per couple	Turtle Expedition Snorkelling by Dhoni Price: US\$75 per person	Enjoy a Floating Breakfast Price: US\$86 per couple	Turtle Expedition Snorkelling by Dhoni Price: US\$75 per person	Enjoy a Floating Breakfast Price: US\$86 per couple	Turtle Expedition Snorkelling by Dhoni Price: US\$75 per person	Enjoy a Floating Breakfast Price: US\$86 per couple
10.00am to 12.00pm	12.00pm to 3.00pm	11.30am to 4.00pm	4.30pm to 5.30pm	10.00am to 12.00pm	11.30am to 4.00pm	3.00pm to 4.00pm
Reef Explorer Snorkelling by Dhoni Price: US\$70 per person	Taco Tuesday at Thila Price: Advised on the menu	Family Castaway Picnic Price: US\$700 for a family of four (two adults and two children)	Complimentary Guided Snorkelling at House Reef	Kayak Snorkel Adventure Price: US\$50 per person	Family Castaway Picnic Price: US\$700 for a family of four (two adults and two children)	Kids Marine Biology Presentation at the Marine Sports Centre
4.30pm to 5.30pm	4.00pm to 5.00pm	3.00pm to 5.00pm	4.30pm to 6.30pm	10.00am to 12.00pm	12.00pm to 3.00pm	4.30pm to 6.30pm
Complimentary Guided Snorkelling at House Reef	Guided Marine Biologist Snorkelling Price: US\$50 per person	Aqua Safari or Kids Aqua Safari with Marine Biologist Price: US\$70 per person	Splash Net with Dolphin Cruise by Dhoni Price: US\$125 per person	Reef Explorer Snorkelling by Dhoni Price: US\$70 per person	Kebab Lunch at Thila Price: Advised on Menu	Splash Net with Dolphin Cruise by Dhoni Price: US\$125 per person
4.30pm to 6.30pm	4.30pm to 6.30pm	4.30pm to 6.30pm	5.00pm to 6.00pm	11.30am to 4.00pm	4.30pm to 6.30pm	6.30pm to 7.00pm
Dolphin Cruise by Dhoni Price: US\$125 per person	Local Island Visit Price: US\$100 per person	Dolphin Cruise by Dhoni Price: US\$125 per person	Sunset Sailing Price: US\$220 per couple	Romantic Castaway Picnic at Lavadhoo Price: US\$400 per couple	Local Island Visit Price: US\$100 per person	Marine Biology Presentation at the Marine Sports Centre
5.00pm to 6.00pm	6.30pm to 7.30pm	5.00pm to 7.00pm	6.30pm to 7.00pm	4.30pm to 6.30pm	5.00pm to 6.00pm	7.00pm to 10.00pm
Sunset Sailing Price: US\$220 per couple	UV Night Snorkelling at House Reef Price: US\$100 per person	Sunset Bottom Fishing by Dhoni Price: US\$125 per person *Caught fish will be cooked at Madi or Tai	Marine Biology Presentation at the Marine Sports Centre	Dolphin Cruise by Dhoni Price: US\$125 per person	Sunset Sailing Price: US\$220 per couple	Private Cinema Under the Stars Price: US\$400 per couple
7.00pm to 10.00pm	5.00pm to 6.00pm	7.00pm to 10.00pm	5.00pm onwards	6.30pm to 7.30pm	5.00pm to 7.00pm	7.00pm to 10.00pm
Candlelit Dinner Price: US\$100 (Set-up only)	Sunset Sailing Price: US\$220 per couple	Private Cinema Under the Stars Price: US\$400 per couple	Sleepover at Lavadoo Price: US\$2600 per couple	UV Night Snorkelling at House Reef Price: US\$100 per person	Sunset Bottom Fishing by Dhoni Price: US\$125 per person *Caught fish will be cooked at Madi or Tai	Candlelit Dinner Price: US\$100 (Set-up only)
7.00pm to 10.00pm	7.00pm to 10.00pm	7.00pm to 10.00pm	7.00pm to 10.00pm	7.00pm to 10.00pm	7.00pm to 10.00pm	7.00pm to 10.00pm
Island Feasting Indulge in a celebration of traditional Maldivian or Indonesian dishes on the Maalifushi shore US\$125 per person on breakfast only. Supplement of US\$50 per person on full board or half board	Omakase Set Dinner at Tai US\$125 per person on breakfast only. Supplement of US\$25 per person on full board or half board	Lobster and Champagne Indulge in a decadent five-course feast that features lobster as the star of the show. US\$430 per couple on breakfast only. Supplement of US\$230 per couple on full board or half board	Romantic Beach Dinner Price: US\$550 per couple	Sea, Fire, Land and Salt Enjoy a dinner of delicious, locally-caught seafood and choice cuts of meats as the stars emerge above the lagoon. US\$160 per person on breakfast only. Supplement of US\$65 per person on full board or half board	Omakase Set Dinner at Tai Price: US\$125 per person	Romantic Beach Dinner Price: US\$550 per couple

Effective from February 2025

Advance booking is required for all activities. For any inquiries or to check the availability of activities, please contact your dedicated butler, who will be delighted to assist you.

Private or tailor-made trips based on the excursions listed here can be organised on request. For more details please contact the Guest Services team on extension 0.

Children aged three to 11 years old will be charged 50 per cent of the excursion price. Infants under three years old will not be charged for any excursions. All children and infants under 12 years old need to be accompanied by a parent or guardian. Please give at least two hours notice before the excursion start time for any cancellations. A 50 per cent cancellation fee will apply for notice of less than two hours.

All prices are subject to a 10 per cent service charge and prevailing government taxes.













*Denotes activities that allow a limited number of participants.

SCHEDULE OF DAILY ACTIVITIES



Rise and Revitalize - Early Bird Offer

Start your day with an extended moment of tranquility. Book any treatment between 9.00am to 11.00am and receive an additional 30 minutes at no extra cost. Reservations can be made at any time - offer valid exclusively for treatments scheduled within Early Bird hours.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.00am to 9.00am	8.00am to 9.00am	7.00am to 8.00am	8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am
Hatha yoga Yoga pavilion 	Vinyasa yoga Yoga pavilion 	Sun rise yoga Yoga pavilion 	Hatha yoga Yoga pavilion 	Vinyasa yoga Yoga pavilion 		Vinyasa yoga Yoga pavilion 
10.00am to 10.45am	10.00am to 10.45am	11.30am to 12.00pm	10.00am to 10.45am	11.30am to 12.00pm		11.30am to 12.00pm
Yoga for back pain Yoga pavilion US\$50 per guest	Yoga for hips opening Yoga pavilion US\$50 per guest	Kids yoga Yoga pavilion (Age 5-12 years old)	Yoga for diver Yoga pavilion US\$50 per guest	Pranayama (Breathwork) Yoga pavilion US\$50++ per person		Kids yoga Yoga pavilion (Age 5-12 years old)
4.00pm to 5.00pm	4.00pm to 5.00pm	4.00pm to 5.00pm	4.00pm to 5.00pm	4.00pm to 5.00pm		4.00pm to 5.00pm
Restorative yin yoga Yoga pavilion 	Restorative yin yoga Yoga pavilion 	Restorative yin yoga Yoga pavilion 	Restorative yin yoga Yoga pavilion 	Restorative yin yoga Yoga pavilion 		Restorative yin yoga Yoga pavilion 

Daily 9.00am to 9.00pm

30-minute Post Workout Passive Static Stretching and Surf Recovery Release Stretching
Yoga pavilion
US\$50 per guest

 Active  Gentle

- *Advance booking is required. Programme is subject to changes. For more information, please contact COMO Shambhala by dialling '2' on your in-room phone
- All prices are subject to prevailing government taxes and service charges

CLASS DESCRIPTION

Hatha yoga

Focuses on physical postures, breathing exercises, and relaxation techniques. It is often slower-paced, making it accessible to beginners and great for stress relief.

Vinyasa yoga

Each movement is synchronized with an inhale or exhale, creating a smooth, flowing sequence of poses. It is suitable for those who enjoy a more active, energizing approach to yoga.

Restorative yin yoga

Slow-paced style of yoga that focuses on deep relaxation and stretching. Poses are held for several minutes, allowing the muscles to relax and the connective tissues to stretch and release tension. It is a calm and gentle practice and ideal to calm the mind after a long active day.

Yoga for back pain

Therapeutic poses that help relieve tension, improve flexibility, and strengthen the muscles supporting the spine. The practice includes stretches to lengthen the back, open the hips, and release tightness in areas like the lower back and shoulders.

Yoga for hips opening

Focuses on stretches and poses that release tension and improve flexibility in the hips, pelvis, and lower back. These poses target the hip flexors, groin, and glutes, helping to stretch and strengthen the muscles around the hips.

Yoga for diver

Focuses on enhancing flexibility, strength, and breath control. It emphasizes stretches for the shoulders, hips, spine, and legs to increase mobility, reduce tension, and improve posture. Recommended for pre-dive and post-dive.

Kids yoga

Designed specifically for children, incorporating playful elements and focusing on developing strength, flexibility, balance and mindfulness.

Pranayama (Breathwork)

Pranayama is an art that practises breathing control, enabling optimum health and calm by increasing oxygen flow.

Passive static stretching

This session helps to release muscle tightness, enhanced joint mobility and increase range of motion and flexibility. Recommended to use steam bath after.

