

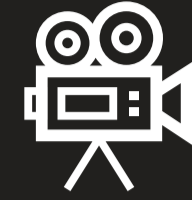


MALDIVES



## BODY ROCK

| Time     | Suitable for | Classes          | Location    | Days              |
|----------|--------------|------------------|-------------|-------------------|
| 07:30 AM | Adults       | Stretch Class    | Pavillion   | Except Mondays    |
| 09:30 AM | Adults       | Abs and Thigh    | The Red Mat | Except Mondays    |
| 11:00 AM | All Ages     | Dance Fitness    | Pool Side   | Daily             |
| 11:30 AM | All Ages     | Aqua Aerobics    | Music Pool  | Daily             |
| 12:00 PM | All Ages     | Pool Games       | Music Pool  | Except Wednesdays |
| 02:00 PM | Kids         | Dance Fitness    | Roxity      | Daily             |
| 05:00 PM | Adults       | Beach Volleyball | Main Beach  | Daily             |



## ROCK OM

| Time              | Suitable for | Classes             | Location                | Days      |
|-------------------|--------------|---------------------|-------------------------|-----------|
| 07:00 AM          | Adults       | Yoga                | SAii Lagoon             | Mon - Fri |
| ANYTIME (IN ROOM) | All Ages     | Zenith Zen, Zepplin | IPTV > Hard Rock Videos | Daily     |



## MARINE & MALDIVES DISCOVERY CENTER

| Time                | Location                  | Program                    | Days                 |
|---------------------|---------------------------|----------------------------|----------------------|
| 10:30 AM            | Marine Discovery Center   | Coral Propagation Workshop | Sat, Sun, Mon, Wed   |
| 03:30 PM            | Marine Discovery Center   | Dolphin Class              | Wednesdays Only      |
| 04:00 PM            | Marine Discovery Center   | Emma the Turtle Discovery  | Mondays & Thursdays  |
| 04:30 PM            | Marine Discovery Center   | Dolphin Survey 04:30 PM    | Sundays Only         |
| 05:00 PM            | Marine Discovery Center   | Fish Identification        | Tuesdays & Saturdays |
| 10:00 AM - 06:00 PM | Maldives Discovery Center | Maldives Discovery Tour    | Daily except Sundays |



## MARTIAL ARTS - RED MAT

| Time     | Suitable for        | Sunday                               | Monday              | Tuesday | Wednesday     | Thursday             | Friday           | Saturday          |
|----------|---------------------|--------------------------------------|---------------------|---------|---------------|----------------------|------------------|-------------------|
| 08:30 AM | Adults              | MMA Conditioning                     | Functional Movement | X       | Self Defence  | Functional Movement  | MMA Conditioning | Self Defence      |
| 10:30 AM | Kids                | BJJ (GI)                             | Kickboxing          | X       | Movement Flow | BJJ (no GI)          | Kickboxing       | Movement Flow     |
| 03:00 PM | All Ages & Families | Private Class                        | Private Class       | X       | Private Class | Private Class        | Private Class    | Private Class     |
| 04:00 PM | Teenagers & Adults  | Kickboxing                           | Beginner BJJ (GI)   | X       | Kickboxing    | Beginner BJJ (no GI) | X                | Beginner BJJ (GI) |
| 06:30 PM | Adults              | Advanced Brazilian Jiu Jitsu (Daily) |                     |         |               |                      |                  |                   |

\*BJJ: Brazilian Jiu Jitsu

\*GI: Traditional Brazilian Jiu Jitsu Uniform

\*GIs are provided if you choose not to bring your own.

\*Complemetry GI laundry service if you bring your own.



## PLAY ON AIR - STAGE

| Time     | Suitable for        | Sunday               | Monday | Tuesday                                     | Wednesday               | Thursday             | Friday | Saturday                |
|----------|---------------------|----------------------|--------|---|-------------------------|----------------------|--------|-------------------------|
| 10:30 AM | Kids                | Hammock              | X      | Lyra/Hoop                                   | Trapeze                 | Hammock              | Lyra   | Trapeze                 |
| 03:00 PM | All Ages & Families |                      | X      | Private Class & Photography Sessions        |                         |                      |        |                         |
| 04:00 PM | Teenagers & Adults  | Beginner Aerial Lyra | X      | Beginner Hammock & Silks                    | Beginner Single Trapeze | Beginner Aerial Lyra | X      | Beginner Single Trapeze |
| 05:00 PM | Adults              |                      | X      | Advanced Aerial Arts & Routine Choreography |                         |                      |        |                         |

\*Minimum age for participation: 8 years old

\*If you are an advanced aerialist and would like a free play session, do not hesitate to contact us