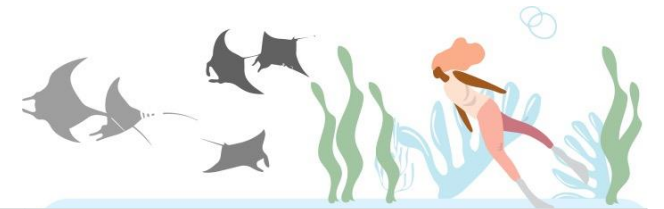




## AUGUST 2022 RESORT RECREATION ACTIVITIES

WHERE BEAUTIFUL STORIES UNFOLD



TIME \ DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00am - 08:00am	*Burn Some Calories at the Gym Complimentary (max.5pax)	*Sunrise Fishing Marine Centre (min.4pax)	*Burn Some Calories at the Gym Complimentary (max.5pax)	*Burn Some Calories at the Gym Complimentary (max.5pax)	*Sunrise Fishing Marine Centre (min.4pax)	*Burn Some Calories at the Gym Complimentary (max.5pax)	*Burn Some Calories at the Gym Complimentary (max.5pax)
07:00am - 08:00am	*Hatha Yoga at the Yoga Pavilion (45min) Complimentary (max.8pax)	*Yin Yoga at the Yoga Pavilion (45min) Complimentary (max.8pax)	*Hatha Yoga at the Yoga Pavilion (45min) Complimentary (max.8pax)	*Vinyasa Flow at the Yoga Pavilion (45min) Complimentary (max.8pax)	*Burn Some Calories at the Gym Complimentary (max.5pax)	*Hatha Yoga at the Yoga Pavilion (45min) Complimentary (max.8pax)	*Vinyasa Flow at the Yoga Pavilion (45min) Complimentary (max.8pax)
08:30am - 12:30pm	*Boat Dive (Certified Divers) Marine Centre	*Capture Magic Moments with our Professional Photographer	*Boat Dive (Certified Divers) Marine Centre	*Boat Dive (Certified Divers) Marine Centre	*Capture Magic Moments with our Professional Photographer	*Boat Dive (Certified Divers) Marine Centre	*Boat Dive (Certified Divers) Marine Centre
09:30am - 10:30am	*Discover Snorkelling Marine Centre	*Capture Magic Moments with our Professional Photographer	*Manta Excursion Marine Centre (min.4pax) from 9:30am to 12:00pm	*Discover Snorkelling Marine Centre	*Capture Magic Moments with our Professional Photographer	*Discover Snorkelling Marine Centre	*Manta Excursion Marine Centre (min.4pax) from 9:30am to 12:00pm
10:00am - 11:30pm	*Turtle Safari Marine Centre (min.4pax) from 10:00am - 12.00pm	*Group Snorkelling Marine Centre (min.4pax)	*Group Aerial Yoga at the Yoga Pavilion (45min) (max.4pax)	*Turtle Safari Marine Centre (min.4pax) from 10:00am - 12.00pm	*Group Snorkelling Marine Centre (min.4pax)	*Group Aerial Yoga at the Yoga Pavilion (45min) (max.4pax)	*Group Aerial Yoga at the Yoga Pavilion (45min) (max.4pax)
02:00pm - 05:00pm	*Visit AVI Spa to rejuvenate body, mind and spirit	*Discover Scuba Diving Marine Centre	*Capture Magic Moments with our Professional Photographer	*Discover Scuba Diving Marine Centre	*Discover Scuba Diving Marine Centre	*Visit AVI Spa to rejuvenate body, mind and spirit	*Discover Scuba Diving Marine Centre
02:30pm - 04:30pm	*Adventure Snorkelling Marine Centre (min.4pax)	*Visit AVI Spa to rejuvenate body, mind and spirit	*Adventure Snorkelling Marine Centre (min.4pax)	*Capture Magic Moments with our Professional Photographer	*Visit AVI Spa to rejuvenate body, mind and spirit	*Adventure Snorkelling Marine Centre (min.4pax)	*Capture Magic Moments with our Professional Photographer
03:00pm - 04:00pm	*Vinyasa Flow for Core Strength at the Yoga Pavilion (max.2pax)	*Group Aerial Yoga at the Yoga Pavilion (45min) (max.4pax)	*Discover Snorkelling Marine Centre	*Group Aerial Yoga at the Yoga Pavilion (45min) (max.4pax)	*Discover Snorkelling Marine Centre	*Vinyasa Flow for Hear Opening at the Yoga Pavilion (max.2pax)	*Discover Snorkelling Marine Centre
05:00pm - 06:00pm	*Ashtanga Yoga for Beginners at the Yoga Pavilion (45min) Complimentary (max.8pax)	*Mindfulness Meditation at the Yoga Pavilion (45min) Complimentary (max.8pax)	*Vinyasa Flow for Hip Flexibility at the Yoga Pavilion (45min) Complimentary (max.8pax)	*Ashtanga Yoga for Beginners at the Yoga Pavilion (45min) Complimentary (max.8pax)	*Burn Some Calories at the Gym Complimentary (max.5pax)	*Yin Yoga at the Yoga Pavilion Complimentary (max.8pax)	*Sound Bath Meditation at the Yoga Pavilion Complimentary (max.8pax)
05:00pm - 06:30pm	*Capture Magic Moments with our Professional Photographer	*Visit AVI Spa to rejuvenate body, mind and spirit	*Capture Magic Moments with our Professional Photographer	*Visit AVI Spa to rejuvenate body, mind and spirit	*Capture Magic Moments with our Professional Photographer	*Visit AVI Spa to rejuvenate body, mind and spirit	*Capture Magic Moments with our Professional Photographer
06:00pm - 08:00pm	*Dolphin Cruise Marine Centre (min.4pax) from 05:30pm - 07:30pm	*Sunset Fishing Marine Centre (min.4pax) from 06:00pm - 08:00pm	*Sunset Cruise Marine Centre (min.4pax) from 05:45pm - 07:45pm	*Dolphin Cruise Marine Centre (min.4pax) from 05:30pm - 07:30pm	*Sunset Fishing Marine Centre (min.4pax) from 06:00pm - 08:00pm	*Dolphin Cruise Marine Centre (min.4pax) from 05:30pm - 07:30pm	*Sunset Fishing Marine Centre (min.4pax) from 06:00pm - 08:00pm

\*Full Moon Yoga with Sound Bath Meditation at the Gym beach on Thursday, August 11 2022 at 20:00pm, maximum of 6 participants. Subject to weather condition  
 Activities marked \* are available on request subject to availability and charges may applied.  
 Advance reservations are required. For reservations and further information, kindly communicate with your friendly Island Curator.

