



INTERCONTINENTAL[®]
MALDIVES MAAMUNAGAU RESORT

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:00am	Hatha Yoga @Light House Complimentary *weather permitted	Ashtanga Yoga @Yoga Pavilion Complimentary	Kriya Yoga @Yoga Pavilion Complimentary	Hatha Yoga @ Light House Complimentary *weather permitted	Power Yoga @Yoga Pavilion Complimentary	Sunrise Easy Yoga @Light House Complimentary *weather permitted	Vinyasa Flow Yoga @Yoga Pavilion Complimentary
08:00am	Beach Power Walk @Fitness Center Complimentary *weather permitted	Functional Cross Fit @Fitness Centre Complimentary			Beach Power Walk @Fitness Center Complimentary *weather permitted	TRX Suspension Training @Fitness Centre Complimentary	Swiss Ball Workout @Fitness Center Complimentary
09:00 am	Hatha Aerial Yoga @Yoga Pavilion Complimentary	Hatha Aerial Yoga @Yoga Pavilion Complimentary	Hatha Aerial Yoga @Yoga Pavilion Complimentary	Weight/Strength Training @Fitness Centre Complimentary	Hatha Aerial Yoga @Yoga Pavilion Complimentary	Hatha Aerial Yoga @Yoga Pavilion Complimentary	Hatha Aerial Yoga @Yoga Pavilion Complimentary
15:00pm	Vinyasa Aerial Yoga @Yoga Pavilion Complimentary	Vinyasa Aerial Yoga @Yoga Pavilion Complimentary	Vinyasa Aerial Yoga @Yoga Pavilion Complimentary	TRX Suspension Training @Fitness Center Complimentary	Vinyasa Aerial Yoga @Yoga Pavilion Complimentary	Vinyasa Aerial Yoga @Yoga Pavilion Complimentary	Vinyasa Aerial Yoga @Yoga Pavilion Complimentary
16:30pm	ABS and Core Workouts @Fitness Center Complimentary	Swiss Ball Workout @Fitness Center Complimentary			Flexibility Exercise @Fitness Center Complimentary	Functional Cross Fit @Fitness Center Complimentary	Weight/Strength Training @Fitness Center Complimentary
18:00pm	Dhyana Sadhana Meditation @Yoga Pavilion Complimentary	Loving Kindness Meditation @Yoga Pavilion Complimentary	Kundalini Meditation @Yoga Pavilion Complimentary	Hatha Yoga @ Yoga Pavilion Complimentary	Yoga Nidra Meditation @Yoga Pavilion Complimentary	Chakra Dhyana Meditation @Yoga Pavilion Complimentary	Mudra Sadhana @Yoga Pavilion Complimentary