

RECREATIONAL AND SPORTS ACTIVITIES

- * Kayaking
- * Yoga
- * Turtle Quest
- * Snorkeling
- * Anantara Spa
- * Dolphin Discovery
- * Wind Surfing or Kite Surfing
- * Massage Class
- * Sunset Fishing
- * Badminton
- * Snorkel Escape
- * Tennis
- * Sunset Cruise
- * Table Tennis
- * Cooking Class
- * Photo Adventure
- * Volleyball
- * Diving
- * Local Island Trip
- * Parasailing
- * Thiththi Boli Kid's Club
- * Cinema under the Stars

ISLAND EXPERIENCES

Rediscover what it means to relax. Days spent at Anantara Kihavah can be as leisurely or as active as you wish.

DIVERSIONS

Discover a range of experiences in and around our resort and the local islands. Please find us at reception, contact your villa host or dial '0' to make a reservation or enquire for more information.

ACTIVITIES GUIDE

DAY	TIME	ACTIVITIES	DURATION/PRICE	VENUE
MONDAY	6.30 am	Group Sunrise Yoga		Manzaru
	10.00 am	**Pilates on Mat	45 mins/USD 50	Wellness Studio
	2.00 pm	**Group Boxing Intro Class	45 mins	Recreation Centre
	5.00 pm	Group Tennis Clinic	45 mins	Tennis Court
TUESDAY	10.00 am	Group Kids Art Class	USD 55	Art Gallery
	2.00 pm	**Full Body Circuit Training	45 mins/USD 50	Wellness Studio
	5.00 pm	Beach Volleyball		Elements Beach
	5.30 PM	Kihavah Sound Healing		Manzaru
WEDNESDAY	6.30 am	Group Sunrise Yoga		Manzaru
	10.00 am	**HIIT (High Intensity Interval Training)	45 mins/USD 50	Wellness Studio
	2.00 pm	**Group Stretch Class	30 mins	Wellness Studio
	5.00 pm	Badminton Time with our Recreation Team		Elements Beach
THURSDAY	10.00 am	**Pilates on the Mat	45 mins/USD 50	Wellness Studio
	5.00 pm	Beach Volleyball		Elements Beach
	5.30 pm	Kihavah Sound Healing		Manzaru
FRIDAY	6.30 am	Group Sunrise Yoga		Manzaru
	10.00 am	Group Adult Art Class	USD 110	Art Gallery
	2.00 pm	**Group Boxing Intro Class	45 mins	Recreation Centre
	5.00 pm	Outdoor Table Tennis Time		Recreation Centre
SATURDAY	10.00 am	Group Kids Art Class	USD 55	Art Gallery
	2.00 pm	**Full Body Circuit Training	45 mins/USD 50	Wellness Studio
	5.00 pm	Kihavah Scavenger Hunt		Recreation Centre
	5.30 pm	Kihavah Sound Healing		Manzaru
SUNDAY	10.00 am	**HIIT (High Intensity Interval Training)	30 mins/USD 50	Wellness Studio
	2.00 pm	**Group Stretch Class	30 mins	Wellness Studio
	5.00 pm	Soft Archery Target Shooting		Recreation Centre

All prices are subject to 10% service charge and applicable government taxes. Please note that all activities with the USD symbol are chargeable and require to be booked 24 hrs in advance. Any activities with the ** symbol require to be booked 24 hrs have limited spaces available. Cancellations of activities booked or private sessions less than 24 hours prior will be charged at 100% of the activity rate. If you wish to book an activity, please contact your villa host or a member of the Recreation Team.

