



## 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

## RECREATIONAL AND SPORTS ACTIVITIES

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

| TIME     | MONDAY                                                                | TUESDAY                                                                       | WEDNESDAY                                                                                  | THURSDAY                                                 | FRIDAY                                                                    | SATURDAY                                                          | SUNDAY                                                                                     |
|----------|-----------------------------------------------------------------------|-------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|----------------------------------------------------------|---------------------------------------------------------------------------|-------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| 6.30 am  | <b>Group Sunrise Yoga</b><br>Spa Relaxation Area                      |                                                                               | <b>Group Sunrise Yoga</b><br>Spa Relaxation Area                                           |                                                          | <b>Group Sunrise Yoga</b><br>Spa Relaxation Area                          |                                                                   |                                                                                            |
| 7.00 am  |                                                                       | <b>Island Run</b><br>30 minutes<br>Elements Beach                             |                                                                                            | <b>Power Walk</b><br>30 minutes<br>Elements Beach        |                                                                           | <b>Boot Camp</b><br>40 minutes<br>Elements Beach                  |                                                                                            |
| 10.00 am | <b>**Pilates on Mat USD 50</b><br>45 minutes<br>Recreation Centre     | <b>Group Kids Art Class USD 55</b><br>Art Gallery                             | <b>**HIIT (High Intensity Interval Training) USD 50</b><br>45 minutes<br>Recreation Centre |                                                          | <b>Group Adult Art Class USD 110</b><br>Art Gallery                       | <b>**Pilates on Mat USD 50</b><br>45 minutes<br>Recreation Centre | <b>**HIIT (High Intensity Interval Training) USD 50</b><br>30 minutes<br>Recreation Centre |
| 2.00 pm  | <b>** Group Boxing Intro Class</b><br>45 minutes<br>Recreation Centre | <b>**Full Body Circuit Training USD 50</b><br>45 minutes<br>Recreation Centre | <b>**Group Stretch Class</b><br>30 minutes<br>Recreation Centre                            |                                                          | <b>** Group Boxing Intro Class</b><br>45 minutes<br>Recreation Centre     |                                                                   | <b>**Group Stretch Class</b><br>30 minutes<br>Recreation Centre                            |
| 4.00 pm  | <b>Group Tennis Clinic</b><br>45 minutes<br>Tennis court              |                                                                               |                                                                                            | <b>Group Tennis Clinic</b><br>45 minutes<br>Tennis court |                                                                           |                                                                   | <b>Group Tennis Clinic USD 50</b><br>45 minutes<br>Tennis court                            |
| 5.00 pm  | <b>Beach Volleyball</b><br>Elements Beach                             | <b>Group Sunset Yoga</b><br>Spa Beach                                         | <b>Badminton Time</b><br>With our Recreation Team<br>Recreation Centre                     | <b>Group Sunset Yoga</b><br>Spa Beach                    | <b>Table Tennis Time</b><br>With our Recreation Team<br>Recreation Centre | <b>Group Sunset Yoga</b><br>Spa Beach                             | <b>Beach Football</b><br>Elements Beach                                                    |

All prices are subject to 10% service charge and applicable government taxes.

Please note that all activities with the USD symbol is a chargeable and bookable activity, any activities with the \*\* symbol is a bookable activity and will have limited spaces available.

Cancellations of booked activities 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.