

SCHEDULE OF DAILY ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am	6.30am to 7.15am	6.00am to 7.00am	6.30am to 7.15am	8.00am to 9.00am
Ashtanga at the Yoga Pavilion	Vinyasa Yoga at the Yoga Pavilion	Mat Pilates at the Yoga Pavilion	Sunrise Yoga at the Sandbank	Sunrise Champagne Breakfast at the Sandbank Price: US\$328 per couple	Sunrise Yoga at the Sandbank	Mat Pilates at the Yoga Pavilion
10.30am to 12.30pm	10.30am to 12.30pm	Available All Day	10.30am to 12.30pm	10.00am to 11.00am	10.30am to 12.30pm	Available All Day
Shark Adventure Snorkelling Trip by Boat Price: US\$75 per person	Coral Propagation with Marine Biologist Price: from US\$200	Paddle-boarding in Cocoa Lagoon	Reef Explorer Snorkelling Trip by Boat Price: US\$70 per person	COMO Shambhala Hour: A 15-minute neck and shoulder massage alongside refreshments Advance booking required	Turtle Snorkelling Expedition by Boat Price: US\$75 per person	Windsurfing Equipment Rental at Marine Sports Centre
12.30pm to 2.30pm	11.00am to 12.00pm	11.00am to 12.00pm	11.00am to 12.00pm	12.00pm to 3.00pm	11.00am to 12.00pm	11.00am to 12.00pm
Cooking Class Price: US\$75 per person One day advance booking required	Partner Yoga at the Yoga Pavilion Price: US\$189 per couple Advance booking required	Hydrotherapy Circuit Instruction at the Hydrotherapy Pool Price: US\$130 per couple Advance booking required	Pilates Rehabilitation at Pilates Studio Price: US\$169 per person Advance booking required	Private Island Picnic at Cocoa Sandbank Price: US\$388 per couple	Family Yoga at the Yoga Pavilion Price: US\$160 per family (two adults, two children) Advance booking required	Aqua Yoga at the Hydrotherapy Pool Price: US\$150 per person Advance booking required
2.00pm to 3.00pm	3.00pm to 3.45pm	4.30pm to 5.30pm	12.30pm to 2.30pm	Available All Day	4.30pm to 6.30pm	3.00pm to 5.00pm
Guided Snorkelling at COMO Cocoa House Reef	Marine Biology Talk at Marine Sport Centre	Meditation at the Yoga Pavilion	Cooking Class Price: US\$75 per person One day advance booking required	Catamaran Sailing around Cocoa Island Lagoon	Sunset Cruise Price: US\$125 per person	Pastry Class by Chef Thiam Price: US\$75 per person One day advance booking required
Available All Day	4.30pm to 6.30pm	Available All Day	2.00pm to 3.00pm	5.00pm to 5.45pm	5.45pm to 6.30pm	4.30pm to 5.00pm
Kayaking in Cocoa Lagoon	Sunset Cruise Price: US\$125 per person	Kayaking in Cocoa Lagoon	Guided Snorkelling at COMO Cocoa House Reef	Biodiversity and Sustainability Talk at Marine Sport Centre	Sunset Yoga at Ufaa Beach	Restorative Yoga at the Yoga Pavilion
4.30pm to 5.30pm	4.30pm to 5.30pm	5.30pm to 7.30pm	5.45pm to 6.30pm	5:30pm Onwards	5.00pm to 9.00pm	5.30pm to 7.30pm
Hatha Yoga at the Yoga Pavilion	Restorative Yoga at the Yoga Pavilion	Sunset Fishing by Boat Price: US\$125 per person	Sunset Yoga at Ufaa Beach	Sunset, Champagne and Oysters at Private Jetty Price: US\$200 per couple	Make Your Own Gin and Tonic Price: US\$20 per person	Sunset Fishing by Boat Price: US\$125 per person
7.00pm to 10.00pm	7.00pm to 10.00pm	7.00pm to 10.00pm	7.00pm to 10.00pm	6.00pm to 9.00pm	7.00pm to 10.00pm	5.00pm to 9.00pm
Tented Candlelit Dinner on the Beach Price: US\$298 per couple	Thai Set Menu Price: US\$128 per person	Romantic Dinner at the Sandbank Price: US\$688 per couple	Indonesian Set Menu Price: US\$128 per person	Negrini Flight Night at Faru Bar Price: US\$45 per person	Indian Set Menu Price: US\$128 per person	Make Your Own Gin and Tonic Price: US\$20 per person

- All prices are subject to a 10 per cent service charge and prevailing government taxes.
- Most activities require 24-hour advance booking. Cancellation fees may apply for activities cancelled with short notice.
- Private or tailor-made activities and special dining options can be organised daily upon request, with advance notice. For more details, please contact the Guest Services Team on extension 0.
- Scheduled activities at the Marine Sport Centre have a minimum capacity of two participating adults. Other scheduled activities require only one adult. Cooking classes have a maximum capacity of four participants.

Updated November 2022