



ANANTARA KIHAVAH MALDIVES VILLAS RECREATIONAL ACTIVITIES

Call our island and ocean paradise your fun and adventure playground. Master Thailand's exhilarating martial art. Jump for joy on trampolines. Dive into a captivating underwater world. Splash out at our very own water park. Aim high on the rock climbing wall. Excite your passions from dazzling perspectives.



MUAY THAI BOXING

Get fighting fit in the Maldives' first and only Muay Thai boxing ring with a personal instructor. Learn about this unique martial art's fascinating combat history. Punch and kick out stress with pad and mitt work to improve your co-ordination and agility, stamina, strength and mobility. Children and family boxing sessions are also available upon request.

BOOT CAMP

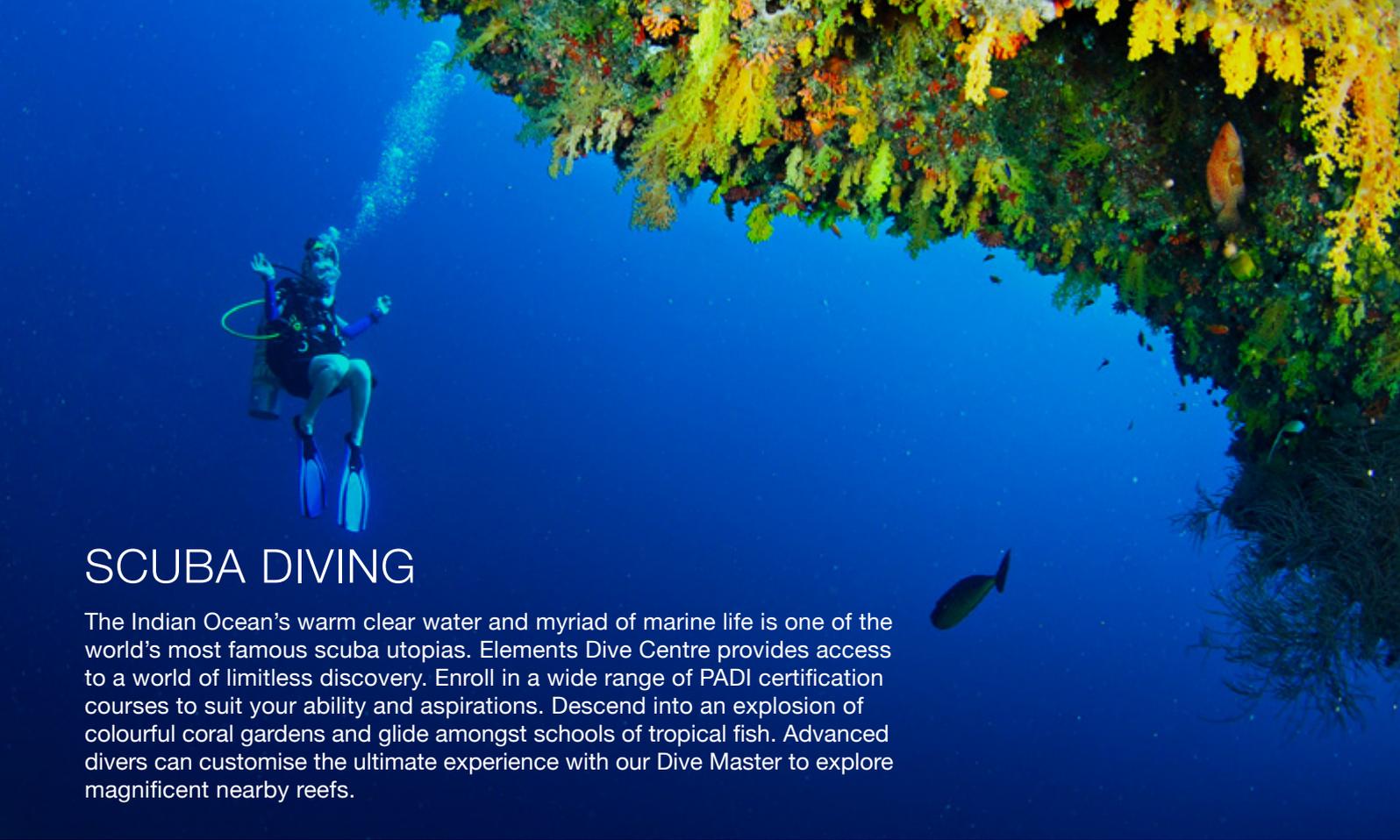
Power up fresh energy at island boot camp. Benefit from motivating group sessions. Sign up for a private class that is tailored to your fitness goals for optimum results. Exercise on the beach and around the island for a workout with paradise views.





TRAMPOLINE PARK

Hop over to Thiththiboli Kids Club to share jumping fun for the young and young and heart. Bounce to your heart's content on a series of trampolines and shoot for the basketball hoops when you reach the end.



SCUBA DIVING

The Indian Ocean's warm clear water and myriad of marine life is one of the world's most famous scuba utopias. Elements Dive Centre provides access to a world of limitless discovery. Enroll in a wide range of PADI certification courses to suit your ability and aspirations. Descend into an explosion of colourful coral gardens and glide amongst schools of tropical fish. Advanced divers can customise the ultimate experience with our Dive Master to explore magnificent nearby reefs.



HOUSE REEF SNORKELLING

Tranquil waters and bountiful ocean life make our house reef a snorkelling wonderland. Borrow fins and a mask for a peerless view of brilliant aquatic life beneath the waves. Swim along the surface at your own pace, watching a surreal drama of Indian Ocean creatures unfold all around you.

YOGA

Yoga is an intrinsic part of the overall Ayurveda journey, and our paradise island hideaway is a breathtaking setting in which to practice. Find inspiration from empowering classes that support and complement your chosen Ayurvedic programme. Synchronise your meditation, pranayama breathing and movement to the boundless ocean horizon and rhythmic waves. Allow your energy to flow as you stretch out stress and blockages.

MEDITATION

Through soothing meditation classes, we invite you to find that balance that has drifted too far from your core centre. Delve deep into the self and let go of your worries and stored negative energy. The Panchakosha and Hari Om meditations are both offered at Anantara Kihavah.



AERIAL OVERWATER YOGA

The only Aerial Overwater Yoga experience in the Maldives, and one of the few in the world, this session is a playful and challenging way to vary your yoga practice. Fly high on our island paradise as you are suspended from a soft fabric hammock over the ocean. Best practiced at sunrise or sunset.

PILATES

A resistance based strength training that lengthens and tones your body. The focus is placed on precise movements originating from the core of your body, resulting in a strong, flexible spine with ideal posture and alignment.



AQUA AEROBICS

Slip into Manzaru pool and dance to upbeat music, with a qualified fitness instructor leading you through a fun aqua aerobic routine.





TENNIS

Challenge a companion to a match at our tennis court, which is floodlit for evening play. Brush up your technique and take your play to the next level with private tennis coaching sessions.

BADMINTON

Burn off stress and get in great shape with an energising badminton session. Enjoy a competitive game to raise your level of play, or a friendly match with the family.



ARCHERY TAG

COMING SOON

Master an ancient sport that develops focus, strength and precision. A great activity for all the family, as well as seasoned archers looking to fine tune their aim.

WATER PARK

COMING SOON

Revel in hours of splashing fun at the inflatable ocean playground. With life jackets for safety, youngsters can jump, climb and slide their way round an exciting adventure course that floats on crystal clear water.



A person with dark hair in a ponytail, wearing a black t-shirt, is seen from behind, climbing a light-colored indoor rock wall. The wall is covered with various shaped and colored holds, including red, blue, and orange. The person's hands are on a red hold, and their right arm is extended upwards. The background is a textured, light-colored wall.

ROCK CLIMBING

COMING SOON

Enjoy a clambering challenge for young explorers and fun loving parents at Thiththiboli Kids Club. Design your own ascent, using a variety of foot and hand holds to climb the 3-metre high wall. Experience how indoor rock climbing safely builds confidence and agility.

MINI MASTER CHEF CLASS

For an unforgettable holiday experience, young budding chefs are invited to showcase their culinary skills with a choice of sushi, pizza and cupcake making classes. Junior chefs will learn everything from kitchen safety to cooking techniques from Kihavah's team of friendly chefs.

