

# Just play!

ACTIVITIES



# Burn

GYM

Welcome to the urban activity jungle.

Open 24/7, the state-of-the-art fitness facilities and personal trainers will help you push the limits.

If you prefer to train as a group, our high adrenaline fitness classes will be just what you need!

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# Outdoor Yoga

## GROUP CLASSES

Embrace the elements and step into a world of Zen!

With picturesque views all around you, try out one of our outdoor yoga classes with our resident yogi. Yoga experiences on Kandima are anything but ordinary!

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# Indoor Yoga

## GROUP CLASSES

Awaken your senses and embark on a  
journey of transformation!

Geared to cater to Yogi's of all levels,  
our group Yoga classes are a must try!

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# Aqua Spin

## GROUP CLASSES

Aquatic training with a twist!  
This low impact, high intensity  
workout combines aqua cycling and  
circuit training alongside water  
resistance, giving you a total body  
workout.

Workouts have never been this kool!

**USD 30 ++ per person**



# POUND Fit

## GROUP CLASSES

Sweat, Burn & Rock on!

POUND is the world's first cardio jam session inspired workout routine!

Using light weighted drumsticks called Ripstix, this full body workout is a combination of strength training, cardio, yoga and pilates.

Warning: Highly Addictive!

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# Boxing Zone

## KICK BOXING CLASSES

High energy cardio programs designed to unleash the fighter within!

An extreme total body workout using explosive strength training and calorie burning aerobics, this is the best way to blow off some steam while getting in shape!

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# Beatz

## DANCE FITNESS CLASSES

Ready for a high intensity, calorie burning dance party? Out with the boring fitness routines, lets sweat it out with Beatz!

- Charges Apply -



# Amazing Race

**MINI TRIATHLON**

Up for a challenge?

Run, Swim and Paddle your way to  
the finish line!

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# Cooking

**CLASSES WITH K' CHEFS**

Wanna know the secret behind our  
lip-smacking dining delights?  
Sign up for a cooking class with our  
chef's and learn a thing or two on  
how we cook Kandima Style!

**USD 95 ++ per person**

Includes recipe booklet, meal, welcome drink,  
certificate and K' Apron



# Cocktail

**CLASSES WITH K' MIXOLOGISTS**

Master the art of mixology!  
Armed with an arsenal of spirits, step  
behind the bar and learn how to flair  
up the ultimate cocktail!

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# Art

## CLASSES WITH THE RESIDENT ARTIST

Unleash your creativity at our oh-so kool  
Art Studio!

Take a class with our resident artist and  
have a go with the paint brush.

Set across a beautiful natural lake, you  
wouldn't need to look far for inspiration...

**USD 35 ++ per person**



# Get Active

Team up, get kitted out and make the most of our on-site activities such as Beach Volleyball, Beach Soccer or why not challenge the K' Krew to a Water Volley Match?

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# Get Fit

Sweat, build and burn!  
Check out our range of weekly fitness  
classes available at Your K'nd of Place

Hit Classes  
interval Training  
Island Jogging  
Kettle Bell Session

**USD 45 ++ per person**  
Personal training bookings available (charges apply)



# Indoor

Our HQ is not just a place you visit during check in and check out. Here, things are done in true Kandima style. The games room offer a stylish setting where you can relax, meet, mingle or play!

Table Tennis  
Board Games

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