

ACTIVITIES CALENDAR

THE WESTIN MALDIVES MIRIANDHOO RESORT
Baa Atoll, Republic of Maldives

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00-07:30 Run Westin (B) Outdoor 2-10 persons	07:00-07:30 Stretch with us (B) Outdoor 2-10 persons	07:00-07:30 Run Westin (B) Outdoor 2-10 persons	07:00-07:30 Stretch with us (B) Outdoor 2-10 persons	07:00-07:30 Run Westin (B) Outdoor 2-10 persons	07:00-07:30 Stretch with us (B) Outdoor 2-10 persons	07:00-07:30 Run Westin (B) Outdoor 2-10 persons
07:00-08:00 Sunrise Yoga (B) Heavenly Spa Jetty	07:00-08:00 Sunrise Yoga (B) Heavenly Spa Jetty		07:00-08:00 Sunrise Yoga (B) Heavenly Spa Jetty	07:00-08:00 Sunrise Yoga (B) Heavenly Spa Jetty	07:00-08:00 Sunrise Yoga (B) Heavenly Spa Jetty	07:00-08:00 Sunrise Yoga (B) Heavenly Spa Jetty
09:00-10:00 PLAY WELL DAY Island Kitchen	09:00-10:00 SLEEP WELL DAY Island Kitchen	09:00-10:00 FEEL WELL DAY Island Kitchen	09:00-10:00 MOVE WELL DAY Island Kitchen	09:00-10:00 WORK WELL DAY Island Kitchen	09:00-10:00 BREATHE WELL Island Kitchen	09:00-10:00 EAT WELL DAY Island Kitchen
			11.00 – 11.30 Kids Yoga Family Kids Club			
15:30-16:00 TRX (B) Indoor 2-10 persons	15:30-16:00 Pilates (B) Indoor 2-10 persons	15:30-16:00 Cardio (B) Indoor 2-10 persons	15:30-16:00 CrossFit (B) Indoor 2-10 persons	15:30-16:00 TRX (B) Indoor 2-10 persons	15:30-16:00 Cardio (B) Indoor 2-10 persons	15:30-16:00 TRX (B) Indoor 2-10 persons
16:30-17:00 Core Workout (B) Indoor 2-10 persons	16:30-17:00 Body Pump (B) Indoor 2-10 persons	16:30-17:00 Core Workout (B) Indoor 2-10 persons	16:30-17:00 Speed Up (B) Outdoor 2-10 persons	16:30-17:00 Core Workout (B) Indoor 2-10 persons	16:30-17:00 CrossFit (B) Indoor 2-10 persons	16:30-17:00 Speed Up (B) Outdoor 2-10 persons
17:00-18:00 Yogic Relaxation (B) Workout Studio	17:00-18:00 Yogic Sleep (B) Workout Studio		17:00-18:00 Meditation (B) Workout Studio	17:00-18:00 Yogic Relaxation (B) Workout Studio	17:00-18:00 Yogic Breathing (B) Workout Studio	17:00-18:00 Yogic Sleep (B) Workout Studio
17:30-18:00 Taebo Fun (B) Indoor 2-10 persons	17:30-18:00 Circuit (B) Indoor 2-10 persons	17:30-18:00 Aerobics (B) Indoor 2-10 persons	17:30-18:00 Taebo Fun (B) Indoor 2-10 persons	17:30-18:00 Circuit (B) Indoor 2-10 persons	17:30-18:00 Aerobics (B) Indoor 2-10 persons	17:30-18:00 Cardio (B) Indoor 2-10 persons
18:00 -18:45 Volleyball Multipurpose Court	18:00 -18:45 Volleyball Multipurpose Court	18:00 -18:45 Volleyball Multipurpose Court	18:00 -18:45 Volleyball Multipurpose Court	18:00 -18:45 Volleyball Multipurpose Court	18:00 -18:45 Volleyball Multipurpose Court	18:00 -18:45 Volleyball Multipurpose Court
18:20 -19:20 Sunset Yoga (B) Workout Studio	18:20 -19:20 Sunset Yoga (B) Workout Studio		18:20 -19:20 Sunset Yoga (B) Workout Studio	18:20 -19:20 Sunset Yoga (B) Workout Studio	18:20 -19:20 Sunset Yoga (B) Workout Studio	18:20 -19:20 Sunset Yoga (B) Workout Studio
18:30-19:00 Speed Up (B) Outdoor 2-10 persons	18:30-19:00 Taebo (B) Indoor 2-10 persons	18:30-19:00 Boot camp (B) Outdoor 2-10 persons	18:30-19:00 Pilates (B) Indoor 2-10 persons	18:30-19:00 Boot camp (B) Outdoor 2-10 persons	18:30-19:00 Pilates (B) Indoor 2-10 persons	18:30-19:00 Boot camp (B) Outdoor 2-10 persons

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* For an additional charge *B* - Advanced booking required