



# WHAT'S NEXT

MAY

**B&F HAPPENINGS**  
**WORK HARD, PLAY HARDER**  
**BALANCE YOUR ENERGY**  
**FIT**

**B&F**  
Happenings



**ESCAPE VIBE @ WET**

Chill out with captivating tunes at WET with live DJ and groove with our ESCAPE vibes. Dancing or chilling, everything or nothing, soak in the vibe.

WET  
MAY, 6 / 13 / 20 / 27  
Saturday | 1:00PM – 4:00PM

Special Liquid Offer



**KADA NIGHT MARKET**

KADA means café in the local Maldivian language, a place to gather and connect with friends with food & drinks. An evening of sampling food from live stations, small or large bites of Asian Night market style with live music.

KADA  
MAY, 7 / 14 / 21 / 28  
Sunday | 7:00PM – 10:00PM

USD 110++ per person  
HB/FB USD 38++ per person food only  
USD 35++ Draft & Wine per person  
Reservations required



**OFF THE HOOK**

Local fish oriented menu curated with ocean to table concept. Taste the imagination of Chef BAKA, an elevated Maldivian cuisine with a W twist.

FISH  
MAY, 9 / 16 / 23 / 30  
Tuesday | 7:00PM - 10:00PM

USD 110++ per person  
HB/FB USD 50++ per person food only  
Reservations required



**GET WET**

As the energy heats up, GET WET and cool down at the pool party with frozen cocktails at WET with latest vibe & tracks by live DJ. Live tacos made to your unique tastes, fuel up with local ingredients.

WET  
MAY, 3 / 10 / 17 / 24 / 31  
Wednesday | 1:00PM - 4:00PM

Special Liquid Offer

Tacos station  
USD 45++ per person



**MEAT ME @ FIRE**

A dedicated evening for Charcoal & Flame at FIRE. Different types of flame & smoke to stimulate your palate, spoil ourselves prime & XL cut meat and Maldivian lobsters.

FIRE  
MAY, 5 / 12 / 19 / 26  
Friday | 7:00PM - 10:00PM

USD 145++ per person  
HB/FB USD 65++ per person food only

beverage on consumption

Reservations required

## B&F Happenings



### JUST ROLL WITH IT

Sunset hour with live sushi station at SIP.  
Indulge the sunset and just roll with us!

SIP  
May, 4 / 11 / 18 / 25  
Thursday | 5:30PM - 7:00PM

USD 99++ per couple

Reservations required



### WHEN LIFE GIVES YOU LEMON

When life gives you lemons, we make sour cocktails!  
Indulge the sunset hour with our sour cocktails, soak in the sweetness of life.

SIP  
5:30PM - 7:00PM

Unlimited Sour Cocktails  
USD 55++ per person



### WINE ME UP

Unleash your imagination, and step into an evening of culinary journey with bold wine pairing. Chef Baka's elevated Maldivian cuisine with your palate profile explained by fine wine Sommelier Christophe Pelade.

FISH  
MAY, 3  
Wednesday | 7:00PM - 10:00PM

USD 155++ per person  
HB/FB USD 75++ per person

Reservations required



### FULLMOON BBQ @ FIRE

BBQ dinner at Fire beach. Charcoal grilled treats from premium cuts, homemade sausage, with local Maldivian lobster, selection of meat and seafood BBQ, to plant based bites. Bonfire dessert & sangria under the moonlight.

FIRE  
MAY, 5  
Friday | 7:00PM - 10:00PM

BBQ Dinner USD 185++  
HB/FB USD 85++  
with bottomless W made sangria

Reservations required

# WORK HARD, PLAY HARDER

Explore the world beneath the waves...



## FUNTUBE

USD 90++ per person  
buy one get one free

Pre-booking is required  
Must be redeemed at the same time/same day



## MANTA SNORKELING

Manta season is on! There is a high chance to snorkel with the rays!

USD 200++ per person  
All activities must be pre-booked  
Subject to availability  
Sightings not guaranteed  
No cash reimbursements or substitutions



## DREAMSCAPE

Sail into the sunset aboard our luxury yacht ESCAPE with a glass of sparkling wine in one hand and nibbles in the other.

From 17.15 to 18.45

### Shared Trips

USD 180++ per person  
\*Minimum 4 guests required

### Private Trip

USD 900++ up to 4 guests  
\*Minimum 4 guests required

## B&F, AWAY® SPA, DOWN UNDER

HI THERE! Scan these QR codes for insider access to:



B&F



AWAY® SPA



Down Under

## CLICK IT!

Capture your Whatever/Whenever moments

CAUGHT-ON-CAM  
30 photos + 30 second edited video  
USD 380++

A LITTLE OF YOU  
10 photos in USB  
USD 180++

For reservations  
reservations.wmaldives@whotels.com  
+960 6662222  
www.wmaldives.com

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All the prices are subject to 10% service charge and 16% GST

# BALANCE YOUR ENERGY

## FUEL YOUR WORKOUT

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM - 7:00AM		Sunrise Yoga (Away Spa)		Sunrise Yoga (Away Spa)		Sunrise Yoga (Away Spa)	
8:00AM - 8:45AM	Crush and Burn (Wet Deck)		HIIT (Wet Deck)		Boxing (Wet Deck)		HIIT (Wet Deck)
11:30AM - 12:15PM		Aqua Fit (Wet Pool)		Aqua Fit (Wet Pool)			
3:00PM - 3:45PM					Crush and Burn (Energy)		
5:30PM - 6:30PM	Sunset Yoga (FIRE Beach)	Beach Volleyball (Wave Beach)	Sunset Yoga (FIRE Beach)	Pilates (Wet Deck)	Sunset Yoga (FIRE Beach)	Pilates (Wet Deck)	Trampoline Pump Up (Wet Deck)

### PRIVATE LESSON CHARGES

Single USD 75++  
Couple USD 120++

### THERAGUN

15 Mins USD 15++

All complimentary classes need reservations in advance

Please contact Whatever/Whenever Agents for reservations

For BOXING maximum of 6 guests only  
All classes need to be booked in advance

### CRUSH & BURN

A bootcamp session to keep it fun with a burst of intense activity alternated with intervals of lighter exercises

### HIIT

High Intensity Interval Training

### TRAMPOLINE PUMP UP

Jump and dance on the trampoline and burn that calories

### AQUA FIT

Move against the water and jive with the music of Aqua Aerobic hype

### BOXING

Sweat and punch like Rocky Balboa

### PILATES

Improve your physical strength, flexibility and posture while enhancing your mental awareness



Find the energy to look good, feel good, go longer and stay later.  
Fuel you glow in overwater treatment rooms at our AWAY SPA.

### EXPRESS WAY TO DETOX

Single USD 275++  
Couple USD 519++  
Body Exfoliation 30 mins  
Express Facial for 30 mins  
Back massage or foot massage for 30 mins

### YOU KNEAD ME

Single USD 297++  
Couple USD 561++  
Signature massage 90 mins  
20 mins hair mask

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# FIT

## YOGA AND PILATES

Private session charges  
USD 75++ for single and  
USD 120++ for couples

Subject to 10% Service Charge and 16% GST

### YOGA

Immerse yourself in the practice of yoga and connect your mind, body and spirit through intentional body movements and breath control. Discover your inner self and experience a meaningful journey beyond the physical benefits such as stronger muscles and increased flexibility. The sensory aspects of yoga, from the feeling of different poses to the sound of the breath, helps to enhance awareness and deepen the connection to the present moment. Gain insider insights from experts into the endless benefits of this practice, and how it can help you on a personal level, to achieve results in different aspects of your life.

#### YOGA FOR BEGINNERS (60/90 MINS)

Learn the fundamentals of Yoga with gentle practices that integrate body, breath and mind. This session includes loosening exercises, simple movements of the Asana (postures), basic Pranayama (breathing) and relaxation methods taught in an easy-to-follow manner.

#### YOGA PRIVATE SESSION (60/90 MINS)

Enjoy assists and adjustments perfect for you. Explore postures that you have questions about, and fine tune your alignment. Private Yoga sessions are a great way to go deeper into your practice, and include stretches and postures to give you maximum results. Leave with a personalized plan you can easily follow at home.

#### PRANYAM YOGA (60/90 MINS)

This is an instructional class great for those new to Yoga. It is also a nice place to revisit as a more advanced student to see your practice with new eyes. Learn meditation techniques, proper alignment, and how to coordinate your breath and movement. This class includes instruction in sun salutations. Adjustments and assists are given, and modifications are suggested. Bring your sense of humor and an open mind.

#### HATHA YOGA (60/90 MINS)

Hatha Yoga uses postures (Asanas) and stretches combined with the breath to develop flexibility and relaxation. However, this practice encourages proper alignment of the body and brings balance, strength, and calm to the practitioner. Our Hatha Yoga classes are based on the classic and ancient practices.

#### DETOX YOGA (60/90 MINS)

This method of Yoga involves synchronizing the breath with a progressive series of postures. This process produces intense internal heat and a profuse, purifying sweat that detoxifies muscles and organs, resulting in improvement of circulation, a light and strong body, and a calm mind.

#### MUSIC FLOW YOGA (60/90 MINS)

Coordinate movement with breath to flow from one posture to the next. The sequencing of the movement gives balance, strength, and calm to the practitioner.

#### FOR YOUR COMFORT

- Yoga is best practiced on an empty stomach.
- Please arrive at least 5 to 10 minutes before the class commences to unwind and calm the senses.
- Wear comfortable, lightweight clothing that is flexible and non-binding.
- Inform the instructor prior to class if you have any health conditions such as neck, back or joint injuries, recent surgery, high blood pressure, pregnancy, etc.

### MEDITATION

Discover the meaningful journey of meditation. It is a safe and simple way to balance one's physical, emotional and mental states. The practice helps to reduce stress and anxiety, calms the mind, and connects a person to their inner self. Connect to this immersive experience, which will help to awaken you, and discover a heightened perception of self and the world. Learn to be present, and tune in or tune out through conscious choice.

#### CHANTING MEDITATION (60 MINS)

Chanting meditations is a form of mantra meditation. Mantra repetition helps to maintain a blank state of mind.

#### CHAKRA MEDITATION (60 MINS)

Chakra is known as the spinning wheel of energy. There are seven major chakra points located throughout the body, each with their own unique attributes and characteristics. By practicing chakra meditation, we can help to focus the mind and body while using them as guides in everyday life.

#### YOGA NIDRA MEDITATION (60 MINS)

Yoga Nidra sometimes known as 'Yogic Sleep', is a deep relaxation in which you intentionally enter the stillness of deep sleep, yet paradoxically remain awake in a state of supreme stillness and insight. This process of awareness is extremely beneficial, both for releasing stress, and for experiencing the joy of subtle spiritual explorations or encounters.

### FITNESS

#### PILATES (MAT) (60 MINS)

The Pilates exercise technique is a set of principles and exercises which works the whole body in balance, and coordinating the upper and lower musculature with the body's center. This dramatically improves strength, flexibility, posture and coordination. The outcome is a balanced body which is strong and supple with flat abdominals, balanced legs and a strong back.

#### STRETCH AND RELAX (60 MINS)

Flexibility is an essential component of fitness! This whole-body stretching class will complement your other workouts to improve your overall well-being by releasing muscle tension, decreasing stress, reinforcing proper body alignment, and enhancing coordination.

#### CORE ABS (60 MINS)

Tone your abdomen, strengthen your back and create a strong center. Transform the body through breath, go deep into internal organs to release toxins, and bring freedom and fluidity into your body. This class targets often neglected muscle groups. A strong core will help you avoid injuries.

#### CARDIO (60 MINS)




Expect cardio exercise to raise your heart rate. This movement will make your muscles stronger and help for a more efficient and healthy body. A stronger cardiovascular system means more capillaries delivering more oxygen to cells in your muscles. This exercise will enable your cells to burn more fat during both exercise and inactivity.

#### PLEASE NOTE:

- To avoid disappointment, advance reservations are recommended.
- For more information, please contact Whatever/ Whenever.



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