



YOU&ME MALDIVES
THE COCOON COLLECTION

WELLNESS SCHEDULE

MONDAY

07:30am - 08:15am

Sunrise Yoga @ Spa Jetty

11:00am - 11:45am

Aqua Zumba @ Pool Area

05:00pm - 05:45pm

Pilates @ Fitness Center

TUESDAY

07:30am - 08:15am

Sunrise Yoga @ Spa Jetty

11:00am - 11:45am

Body Ballet @ Fitness Center

05:00pm - 05:45pm

Tabata @ Fitness Center

WEDNESDAY

07:30am - 08:15am

Sunrise Yoga @ Spa Jetty

11:00am - 11:45am

Aqua Aerobics @ Pool Area

05:00pm - 05:45pm

Dance Mix @ Shisha Lounge

THURSDAY

07:30am - 08:15am

Sunrise Yoga @ Spa Jetty

11:00am - 11:45am

Pilates @ Fitness Center

05:00pm - 05:45pm

Beach Volley @ Spa Beach

FRIDAY

07:30am - 08:15am

Sunrise Yoga @ Spa Jetty

11:00am - 11:45am

Aqua Zumba @ Pool Area

05:00pm - 05:45pm

Tabata @ Fitness Center

SATURDAY

05:00pm - 05:45pm

Beach Volley @ Spa Beach

SUNDAY

07:30am - 08:15am

Sunrise Yoga @ Spa Jetty

11:00am - 11:45am

Pilates @ Fitness Center

05:00pm - 05:45pm

Dance Mix @ Shisha Lounge

Reservations required for every activity.

Our professional programmes and coaching will help you to stay on track and reach your goal at private classes USD 50 pp per hour. Available at anytime convenient.

Kindly contact your Island Host or Reception for further details.