

WEEKLY
ACTIVITIES
CALENDAR



JOALI BEING



MASTER PRACTITIONER



Sandro Mota Human Enhancement Coach

The Mota Method is a combination of restorative breathwork, Wim Hof techniques and high-performance fitness training.

Throughout his experience, Sandro has guided elite athletes, high-level executives, and guests of all ages and backgrounds seeking to work through traumas or difficulties.

| ACTIVITY | LENGTH | PRICE |
|--------------------------------------|----------|-------|
| Rebirthing Session in Water | 2 hours | 600 |
| The Mota Method - Individual Session | 2 hours | 600 |
| Performance Men | 2 hours | 600 |
| Breakthrough Stress Management | 1.5 days | 2,500 |

DAILY ACTIVITIES

| TIME | ACTIVITY | LOCATION | PRICE |
|---------------|--|---------------|------------------|
| 06:00 - 10:00 | Big Game Fishing | Marine Centre | Vessel Dependent |
| 06:30 - 07:00 | Sunrise Meditation | Ocean Sala | Complimentary |
| 08:30 - 12:30 | Two Tank Dive Certified Divers | Marine Centre | 340 |
| 14:30 - 16:00 | Discover Scuba Diving First Time Divers | Marine Centre | 270 |

All prices listed in USD and subject to 12 percent Government Tax and 10 percent Service Charge. Prices listed per person unless otherwise stated. * Activities subject to capacity, reservations recommended.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|--|--|---|---|
| 07:00 - 07:45 Cardio Pilates Ocean Sala Complimentary | 07:00 - 07:45 Hatha Yoga Ocean Sala Complimentary | 07:00 - 07:45 Core Pilates Ocean Sala Complimentary | 07:00 - 07:45 Vinyasa Flow Ocean Sala Complimentary | 07:00 - 07:45 Island Run Core Complimentary | 07:00 - 07:45 Cardio Pilates Ocean Sala Complimentary | 07:00 - 07:45 Sun Salutation Ocean Sala Complimentary |
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| 09:00 - 10:00 Interval Booster - Tabata Lotus USD 45 | 09:00 - 10:00 Suspension Training Fusion Core (Studio II) USD 65 * | 09:00 - 10:00 Body Combat Lotus USD 45 | 09:00 - 10:00 Cardio & Core Training Lotus USD 45 | 09:00 - 10:00 Boxing Conditioning Core (Studio II) USD 65 * | 09:00 - 10:00 Spin Class - RPM Core (Studio II) USD 65 * | 09:00 - 10:00 Boxing Conditioning Core (Studio II) USD 65 * |
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| 10:30 - 11:00 Conversation - The Three Dosha's AKTAR Complimentary | 09:30 - 10:15 Snorkelling Lesson Marine Centre USD 95 | 10:30 - 11:00 Conversation - Microbiome & Mind Connection AKTAR Complimentary | 10:30 - 11:00 Guided Discovery Sound Path Tour Complimentary | 10:30 - 11:00 Conversation - Introduction to Human Design AKTAR Complimentary | 09:00 - 10:15 House Reef Snorkelling Marine Centre USD 95 | 10:00 - 12:00 Parasailing: Savouring the Skies Marine Centre USD 195 |
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| 11:00 - 12:00 Semi Submarine - A Mind Immersion into the Sea Marine Centre USD 135 | 10:30 - 11:00 Conversation - Introduction to Human Design AKTAR Complimentary | 11:00 - 12:00 Semi Submarine - A Mind Immersion into the Sea Marine Centre USD 135 | 11:00 - 12:00 Parasailing: Savouring the Skies Marine Centre USD 195 | 11:00 - 12:00 Semi Submarine - A Mind Immersion into the Sea Marine Centre USD 135 | 10:30 - 11:00 Conversation - Releasing Emotional Patterns with Essential Oils AKTAR Complimentary | 10:30 - 11:00 Conversation - The Yin Yang Balance AKTAR Complimentary |
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| 11:00 - 12:00 Spin Class - RPM Core (Studio II) USD 65 * | 11:00 - 12:00 Kickboxing Conditioning Core (Studio II) USD 65 * | 11:00 - 12:00 Spin Bike vs Workouts Core (Studio II) USD 65 * | 11:00 - 12:00 Introduction to Mix Martial Arts Core (Studio II) USD 65 * | 11:00 - 12:00 Hybrid Conditioning Lotus USD 45 | 11:00 - 12:00 Body Combat Lotus USD 45 | 11:00 - 12:00 Cardio Pilates Lotus USD 45 |
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| 13:00 - 14:00 Coffee Painting Art House USD 110 | 11:00 - 12:00 Culinary Workshop Learning Centre Complimentary | 13:00 - 14:00 T-Shirt Painting Art House USD 110 | 13:00 - 14:00 Coconut Painting Art House USD 110 | 11:00 - 12:00 Culinary Workshop Learning Centre Complimentary | 13:00 - 14:00 Ebru Art Art House USD 110 | 14:00 - 15:00 Aromatherapy Workshop - Natural Face Mask Bundle AKTAR USD 90 |
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| 14:00 - 15:00 Aromatherapy Workshop - Natural Perfume Making AKTAR USD 90 | 13:00 - 14:00 Tote Bag Painting Art House USD 110 | 14:00 - 16:00 Snorkelling: A Turtle's Journey Marine Centre USD 95 | 14:00 - 15:00 Workshop Body Scrub & Aloe Vera Gel AKTAR USD 90 | 14:00 - 16:00 Snorkelling: A Turtle's Journey Marine Centre USD 125 | 14:00 - 15:00 Aromatherapy Workshop - Tiger Balm Products AKTAR USD 90 | 14:00 - 16:00 Vibrant Underwater Life Snorkelling Marine Centre USD 95 |
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| 14:00 - 16:00 Parasailing: Savouring the Skies Marine Centre USD 195 | 14:00 - 16:00 Snorkelling: A Turtle's Journey Marine Centre USD 125 | 15:00 - 15:30 Tabata Workout Lotus Complimentary | 14:00 - 16:00 Vibrant Underwater Life Snorkelling Marine Centre USD 95 | 15:00 - 15:30 Express Core Lotus Complimentary | 14:00 - 16:00 Parasailing: Savouring the Skies Marine Centre USD 195 | 15:00 - 15:30 Latin Dance Class Lotus Complimentary |
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| 15:00 - 15:30 Low Impact Aerobics Lotus Complimentary | 14:00 - 15:00 Aromatherapy Workshop - Tiger Balm Process & Ingredients AKTAR USD 90 | 15:00 - 16:00 Tea Tasting SAI USD 65 | 15:00 - 15:30 Primal Movement Workout Lotus Complimentary | 15:00 - 16:00 Tea Tasting Class SAI USD 65 | 15:00 - 15:30 Mobility Stick Class SAI Complimentary | 15:00 - 16:00 Tea Tasting SAI USD 65 |
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| 15:00 - 16:00 Mixology Class MOJO USD 65 | 15:00 - 15:30 Express Core Lotus Complimentary | 16:00 - 17:00 Muay Thai Introduction Core (Studio II) USD 65 | 15:00 - 16:00 Mixology Class MOJO USD 65 | 16:00 - 17:00 Kickboxing Introduction Core (Studio II) USD 65 * | 16:00 - 17:00 Cardio & Core Training Lotus USD 45 | 16:00 - 17:00 Suspension Training Fusion Core (Studio II) USD 65 |
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| 16:00 - 17:00 Boxing Introduction Core (Studio II) USD 65 | 16:00 - 17:00 Hybrid Conditioning Lotus USD 45 | 17:00 - 18:00 Marine Talk Underwater Life MOJO Complimentary | 16:00 - 17:00 Interval Booster - Tabata Lotus USD 45 | 17:00 - 19:00 Sunset Cruise Marine Centre USD 245 | 16:00 - 18:00 Dolphin Cruise: Meet the Messengers of the Sea Marine Centre USD 95 | 17:30 - 19:30 Traditional Sunset Fishing Marine Centre USD 125 |
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| 17:00 - 18:00 Marine Talk Underwater Life MOJO Complimentary | 17:30 - 19:30 Traditional Sunset Fishing Marine Centre USD 125 | 17:30 - 19:00 Traditional Sunset Fishing Marine Centre USD 125 | 18:00 - 19:00 Pilates - Lower Body Ocean Sala Complimentary | 18:00 - 19:00 Step Aerobics Class Lotus Complimentary | 18:00 - 19:00 Anti-Gravity Yoga Ocean Sala Complimentary | 18:00 - 19:00 Mat Pilates (Healthy Backs) Ocean Sala Complimentary |
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| 18:00 - 19:00 Yin Yoga Ocean Sala Complimentary | 18:00 - 19:00 Step Aerobics Class Lotus Complimentary | 18:00 - 19:00 Moon Salutation Ocean Sala Complimentary | 18:00 - 19:30 Night Snorkelling Marine Centre USD 155 | | | |

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