

CONRAD[®]

MALDIVES
RANGALI ISLAND



CURATED EXPERIENCES

FITNESS

SUNRISE & SUNSET YOGA

A one-hour session to soothe and engage your mind and body using stretching and meditation.

HIIT

(High Intensity Interval Training)

A strength and cardio workout that will challenge your entire body top-to-bottom using fitness equipment in a fun and energetic environment.

STRENGTH CIRCUIT

The ideal workout combining weight equipment and cardiovascular training methods to keep the body moving and burn fat.

BOXERCISE

A fun and intense boxing workout for cardiovascular fitness and full-body toning.

FITBALL PILATES

A full core workout incorporating fitball and mat work. Suitable for beginners to advanced.

HATHA YOGA

A combination of yoga postures and breathing exercises to achieve self awareness and mind control.

BOOTCAMP

A one hour class incorporating circuit exercises held around Rangali Island.

PERSONAL TRAINING

| | |
|---------------------|---------|
| Per person 60 min | US\$95 |
| Per couple 60 min | US\$135 |

PRIVATE YOGA

| | |
|---------------------|---------|
| Per person 60 min | US\$75 |
| Per couple 60 min | US\$115 |

YOGA SPECIAL OFFER

3 sessions - 60 min per session

| | |
|------------|---------|
| Per person | US\$190 |
| Per couple | US\$305 |

5 sessions - 60 min per session

| | |
|------------|---------|
| Per person | US\$280 |
| Per couple | US\$485 |

COMPLIMENTARY ACTIVITIES

POWER WALKING

A fast-paced and guided power walk along the resort's beach and tracks.

MORNING STRETCH

Start the day with a 30-minute stretch to kick start the body's metabolism.

BEACH VOLLEYBALL* TABLE TENNIS*

*Available 7:00AM - 8:00PM

Prices are in US\$ and subject to 10% service charge and 16% T-GST.
Advanced booking is required to attend all activities, please contact your Island Host to arrange the booking.
Participants are required to wear fitness clothing during each session.

TENNIS

| | |
|------------------------------------|---------|
| Hitting Partner | US\$90 |
| Private Training Session - Single | US\$95 |
| Private Training Session - Couples | US\$135 |
| Tennis Pre-booking (court only) | US\$40 |

PRIVATE JUNIOR TENNIS LESSON

| | |
|-----------------|--------|
| Single 30 min | US\$36 |
| Single 60 min | US\$60 |

GROUP JUNIOR TENNIS LESSON

| | |
|------------------|----------------------|
| Doubles 60 min | per double US\$100 |
| Group 60 min | per child US\$20 |

TENNIS COURT IS AVAILABLE FROM 7:00AM - 10:00PM DAILY

- Complimentary tennis sessions can be booked from **7:00AM - 7:00PM**
- A fee of US\$40+ per hour applies for lighting between **7:00PM - 10:00PM**
- Each villa can enjoy one complimentary hour per day. Additional hours are charged at US\$40++ per hour
- New tennis balls available for purchase at US\$20+ per can (3 balls)
- Tennis lessons and hitting partners are available for request

Prices are in US\$ and subject to 10% service charge and 16% T-GST.
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FITNESS CALENDAR

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|--|--|--|
| 7:00AM - 8:00AM *Island Bootcamp | 8:00AM - 8:30AM *Morning Stretch | 6:45AM - 7:45AM Beach Sunrise Yoga | 7:00AM - 8:00AM *Nature Walk | 6:45AM - 7:45AM Beach Sunrise Yoga | 7:15AM - 7:45AM *Run Rangali | 7:00AM - 8:00AM *Nature Walk |
| 8:30AM - 9:30AM Yoga for Body & Mind | 8:30AM - 9:30AM Hatha Yoga | 8:00AM - 9:00AM Island Bootcamp | 8:30AM - 9:30AM Yoga for Body & Mind | 8:00AM - 9:00AM Island Bootcamp | 8:00AM - 9:00AM Private Personal Training Session | 8:30AM - 9:30AM Ashthanga Yoga |
| 10:30AM - 11:30AM Get in Shape (Butt, Belly & Thighs) | 10:00AM - 11:00AM *Kids Yoga | 10:00AM - 10:30AM *Tennis Lesson with pro | 10:30AM - 11:30AM HIIT + Core | 10:00AM - 10:30AM *Kids Tennis with Pro | 9:00AM - 10:00AM Island Bootcamp | 10:00AM - 11:00AM Private Tennis Session |
| 11:30AM - 12:30PM Private Personal Training Session | 11:30AM - 12:00PM *Aqua Fit | 10:30AM - 11:00AM *Aqua Yoga | 11:30AM - 12:30PM *Pétanque Game | 10:30AM - 11:00AM *Aqua Yoga | 11:30AM - 12:00PM *Aqua Fit | 10:30AM - 11:30AM Fitball |
| | | | | | | |
| 2:00PM - 3:00PM Boxercise | 2:00PM - 3:00PM Fitball Pilates | 2:00PM - 3:00PM Strength Circuit | 2:00PM - 3:00PM Private Yoga Session | 2:30PM - 3:00PM *Introduction to Boxercise | 2:30PM - 3:30PM Cardio Circuit | 4:00PM - 5:00PM *Pool Volleyball |
| 3:00PM - 4:00PM *Table Tennis with Guests vs Team Members | 4:00PM - 5:00PM *Pétanque Game | 3:00PM - 4:00PM *Tic-Tac-Toe Game | 4:00PM - 5:00PM *Pool Volleyball | 3:00PM - 4:00PM *Pétanque Game | 3:00PM - 4:00PM *Tic-Tac-Toe Game | 5:00PM - 6:00PM Aerial Yoga |
| 4:00PM - 5:00PM *Pool Volleyball | 5:00PM - 6:00PM Yoga for Body & Mind | 4:00PM - 5:00PM *Beach Volleyball | 5:00PM - 6:00PM Island Bootcamp | 5:00PM - 6:00PM Aerial Yoga | 4:00PM - 5:00PM *Beach Volleyball | 6:00PM - 7:00PM Island Bootcamp |
| 5:00PM - 5:30PM *Introduction to Aerial Yoga | 6:00PM - 7:00PM Island Bootcamp | 5:00PM - 6:00PM Hatha Yoga | 7:00PM - 7:30PM *Beach Sunset Yoga | 6:30PM - 7:30PM Beach Sunset Yoga | 5:00PM - 6:00PM Get in Shape (Butt, Belly & Thighs) | 7:00PM - 7:30PM *Meditation |

*Complimentary classes

| | | | |
|-----------------------|--------|----------------------------------|--------|
| CHARGED ACTIVITIES | | Group Sunrise Classes | US\$30 |
| Group Fitness Classes | US\$35 | | |
| Group Yoga Classes | US\$35 | Family Yoga and Bootcamp | US\$90 |
| | | (Additional guest US\$20 person) | |

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Advanced booking is required to attend all activities, please contact your Island Host to arrange the booking.
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CONTACT

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