

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		8:30AM - 9:30AM Ashthanga Yoga
	10:00AM - 11:00AM *Kids Yoga	10:00AM - 10:30AM *Tennis Lesson with pro		10:00AM - 10:30AM *Kids Tennis with Pro	9:00AM - 10:00AM Island Bootcamp	
10:30AM - 11:30AM Get in Shape (Butt, Belly & Thighs)	11:30AM - 12:00PM *Aqua Fit	10:30AM - 11:00AM *Aqua Yoga	10:30AM - 11:30AM HIIT + Core	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		2:30PM - 3:00PM *Introduction to Boxercise	2:30PM - 3:30PM Cardio Circuit	5:00PM - 6:00PM *Pool Volleyball
5:00PM - 6:00PM *Pool Volleyball		5:30PM - 6:30PM *Beach Volleyball	5:00PM - 6:00PM *Pool Volleyball		5:30PM - 6:30PM *Beach Volleyball	5:00PM - 6:00PM Aerial Yoga
5:00PM - 5:30PM *Introduction to Aerial Yoga	5:00PM - 6:00PM Yoga for Body & Mind	5:00PM - 6:00PM Hatha Yoga	5:00PM - 6:00PM Island Bootcamp	5:00PM - 6:00PM Aerial Yoga	5:00PM - 6:00PM Get in Shape (Butt, Belly & Thighs)	6:00PM - 7:00PM Island Bootcamp
	6:00PM - 7:00PM Island Bootcamp		7:00PM - 7:30PM *Beach Sunset Yoga	6:30PM - 7:30PM Beach Sunset Yoga		7:00PM - 7:30PM *Meditation

*Complimentary classes

CHARGED ACTIVITIES

Group Fitness Classes

Group Yoga Classes

(Minimum three people, maximum ten people)

US\$35

US\$35

Group Sunrise Classes

(Minimum three people, maximum ten people)

Family Yoga and Bootcamp

(Minimum 4 guest US\$90, additional guest US\$20 person)

US\$30

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

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Participants are required to wear fitness clothing during each session.

CONTACT

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