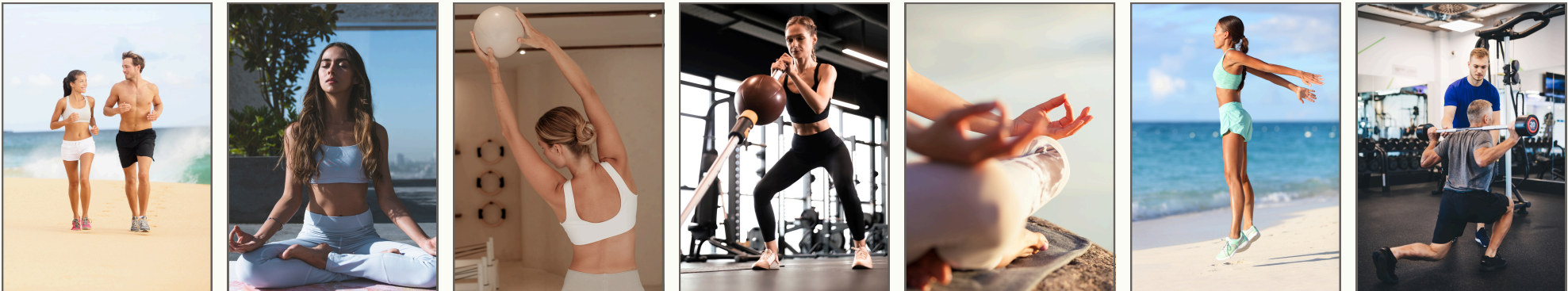


SEVEN DAYS OF WELL-BEING

Inspired by our founder's vision, JW Marriott Kaafu Atoll Island Resort Maldives invites you to reconnect with the serenity of our stunning natural surroundings. To help you fully immerse yourself in our tranquil haven, we've curated a thoughtfully designed 7-day guide featuring transformative experiences.

Each moment is crafted to enhance your physical health, uplift your spirit, and inspire holistic well-being.
Let us guide you on a journey where nature's beauty meets the art of mindful living.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.30 am - 7.30 am Island Run*	6.30 am - 7.30 am Sunrise Yoga*	6.30 am - 7.30 am HIIT Burner**	6.30 am - 7.30 am Hips And Glutes Sculpt**	6.30 am - 7.30 am Cardio Blast**	6.30 am - 7.30 am Sunrise Yoga*	6.30 am - 7.30 am Basic Calisthenics**
5.30 pm - 6.30 pm Total Body Circuit**	5.30 pm - 6.30 pm Sunset Yoga*	5.30 pm - 6.30 pm Mindful Meditation*	5.30 pm - 6.30 pm Total Body Circuit**	5.30 pm - 6.30 pm Sunset Yoga*	5.30 pm - 6.30 pm Personal Trainer Choice**	5.30 pm - 6.30 pm Sunset Yoga*

Venue: *Spa by JW | **Fitness Center

Duration: 60 minutes

Advance bookings are required for all activities, as they are subject to weather conditions. Kindly contact your Safeeru to reserve your spot.
Private yoga sessions, personalized fitness experiences, and the services of a personal trainer are available upon request and are chargeable.

To ensure an intimate and enriching experience, participation in the above activities is limited to a maximum of eight (8) guests.