



RHYTHM & VIBES

Soul-freeing experiences designed to expand
your time at Patina Maldives.

May & June 2021

| Time | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|-----------------------------------|---------------------------------------|-----------------------------------|---------------------------------------|-----------------------------------|---------------------------------------|-----------------------------------|
| 8:00 AM | Aqua Bike Fitness | Sunrise Flow Yoga | Aqua Bike Fitness | Sunrise Flow Yoga | Aqua Bike Fitness | 3K Patina Island Run with Zam | Sunrise Flow Yoga |
| 10:30 AM | Badminton At Helios Beach | Beach Volleyball Helios Beach | Water Polo Veli Pool | Beach Volleyball Helios Beach | Water Polo Veli Pool | Beach Volleyball Helios Beach | Badminton At Helios Beach |
| 2:00 PM | Curated Art Tour | Curated Art Tour | Curated Art Tour | Curated Art Tour | Curated Art Tour | Curated Art Tour | Curated Art Tour |
| 3:00 PM | Foosball Tournament At Portico | Billiards Competition At Portico | Billiards Competition At Portico | Marine Talk With Marine Biologist | Billiards Competition At Portico | Billiards Competition At Portico | Marine Talk With Marine Biologist |
| 5:00 PM | Fitness Infusion Circuit Training | Ocean Conservancy Guided Snorkel Trip | Primal Body Movement | Ocean Conservancy Guided Snorkel Trip | Fitness Infusion Circuit Training | Ocean Conservancy Guided Snorkel Trip | |
| | Childrens Lagoon Snorkelling | Childrens Intro to Swimming | Childrens Intro to Marine Biology | Childrens Intro to Snorkelling | Childrens Intro to Surf Camp | Childrens Intro to Water sports | Childrens Trial Dive in The Pool |
| 6:00 PM | Maldivian Leaf Art At Portico | | Maldivian Leaf Art At Portico | | Maldivian Leaf Art At Portico | | |
| 6:00 PM | Inner Pace Meditation | Sunset Flow Yoga | Sunset Flow Yoga | Sunset Flow Yoga | Inner Pace Meditation | Primal Body Movement | Sunset Flow Yoga |

*The above schedule is a weekly program of scheduled activities and can be booked via your Essentialist
Activities are subject to change or may be cancelled due to unforeseen weather or operational challenges.*