MALDIVES ADVENTURE HEALTH RETREAT TIMETABLE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.00AM - 8.00AM		YOGA	TRAIN	YOGA	TRAIN	YOGA	TRAIN
8.00AM - 9.00AM		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
9.00AM - 10.00AM		FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME
10.00AM - 11.00AM		SNORKELLING		BEACH VOLLEYBALL		KAYAKING	FREE TIME
11.00AM - 12.00PM							CLOSING CIRCLE
12.00PM - 1.00PM				FREE TIME		FREE TIME	CHECK OUT
1.00PM - 2.00PM		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
2.00PM - 3.00PM	CHECK IN	FREE TIME	BREATH WORKSHOP	FREE TIME	GOALS WORKSHOP	FREE TIME	
3.00PM - 4.00PM	FREE TIME		FREE TIME		FREE TIME		
4.00PM - 5.00PM	WELCOME CIRCLE	WELLNESS WORKSHOP	YOGA	WELLNESS WORKSHOP	YOGA	WELLNESS WORKSHOP	
5.00PM - 6.00PM	YOGA	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	
6.300PM - 7.00PM	FREE TIME	MEDITATION	FREE TIME	MEDITATION	FREE TIME	MEDITATION	
7.00PM - 8.00PM	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	
8.00PM ONWARDS	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	