



# WHAT'S NEXT

AUGUST

**B&F**  
**WORK HARD, PLAY HARDER**  
**BALANCE YOUR ENERGY**  
**FIT**

**W**  
MALDIVES



# HAPPENINGS



## SWEAT IT OUT

Join us for a week-long fitness sojourn with SWEAT IT OUT. Take part in the daily exclusive fitness classes led by world-class trainer, Bradley Simmonds, and the innovative and energizing workout sessions by Jumping Fitness. Book your spot through our Whatever/Whenever team, as limited space is available.

### MONDAY AUGUST, 21

Full Body Calorie Burner by Bradley Simmonds  
7:00AM - 7:45AM | AWAY Spa Beach

Spa Class  
11:00AM | AWAY Spa

### TUESDAY AUGUST, 22

Full Body Strength by Bradley Simmonds  
4:30PM - 5:15PM | Gaathafushi Castaway Island

### WEDNESDAY AUGUST, 23

Maldivé's Green Lunch by Chef Suresh  
12:00PM | KADA  
USD 85 per person | Reservations required

Spa Class  
4:00PM | AWAY Spa  
Full Body Circuit Training by Bradley Simmonds  
4:30PM - 5:15PM | FISH Deck

### THURSDAY AUGUST, 24

Trampoline Master Class by Jumping Fitness  
8:00AM - 9:00 AM | Pool Deck

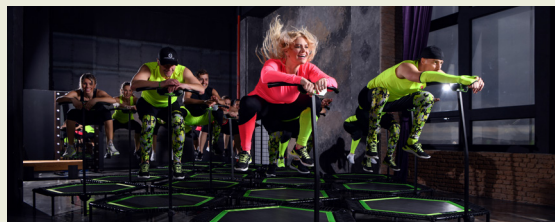
### FRIDAY AUGUST, 25

Trampoline Master Class by Jumping Fitness  
4:30PM - 5:30PM | WET Deck

Spa Class  
11:00 AM | AWAY Spa




### SATURDAY AUGUST, 26

Trampoline Master Class by Jumping Fitness  
8:00AM - 9:00AM | Pool Deck



Limited slots are available for the classes and Lunch at KADA, advance booking to our Whatever/Whenever Team is highly recommended.

For reservations  
reservations.wmaldives@whotels.com  
+960 6662222  
www.wmaldives.com

   @wmaldives

All the prices are subject to 10% service charge and 16% GST

## B&F Happenings



### ESCAPE VIBE @ WET

Chill out with captivating tunes at WET with live DJ and groove with our ESCAPE vibes. Dancing or chilling, everything or nothing, soak in the vibe.

WET  
AUGUST, 05 / 12 / 19 / 26  
Saturday | 1:00PM – 4:00PM

Special Liquid Offer



### KADA NIGHT MARKET

KADA means café in the local Maldivian language, a place to gather and connect with friends with food & drinks. An evening of sampling food from live stations, small or large bites of Asian Night market style with live music.

KADA  
AUGUST, 06 / 13 / 20 / 27  
Sunday | 7:00PM – 10:00PM

USD 110 per person  
HB/FB USD 38 per person food only  
USD 55 Draft & Wine per person

Reservations required



### OFF THE HOOK

Local fish oriented menu curated with ocean to table concept. Taste the imagination of Chef BAKA, an elevated Maldivian cuisine with a W twist.

FISH  
AUGUST, 08 / 15 / 22 / 29  
Tuesday | 7:00PM – 10:00PM

USD 110 per person  
HB/FB USD 50 per person  
Food only

Reservations required






### GET WET

As the energy heats up, GET WET and cool down at the pool party with frozen cocktails at WET with latest vibe & tracks by live DJ. Live tacos made to your unique tastes, fuel up with local ingredients.

WET  
AUGUST, 02 / 09 / 16 / 23 / 30  
Wednesday | 1:00PM – 4:00PM

Special Liquid Offer

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## B&F Happenings



### MEAT ME @ FIRE

A dedicated evening for Charcoal & Flame at FIRE.  
Different types of flame & smoke to stimulate your palate,  
spoil ourselves prime & XL cut meat and Maldivian lobsters.

FIRE  
AUGUST, 03 / 10 / 17 / 24 / 31  
Thursday | 7:00AM - 10:30PM

USD 145 per person  
HB/FB USD 65 per person  
Food only

Reservations required



### JUST ROLL WITH IT

Sunset hour with live sushi station at SIP.  
Indulge the sunset and just roll with us!

SIP  
AUGUST, 12 / 19 / 26  
Saturday | 06:00PM - 9:00PM

USD 99 per couple

Reservations required



### WINE ME UP

Unleash your imagination, and step into an evening of  
culinary journey with an interactive blind wine pairing.  
Chef Baka's elevated Maldivian cuisine and your own  
interpretation on the wine tasting profile. Taste palate  
champion will receive a bottle of wine as the prize.

FISH  
AUGUST, 30  
Wednesday | 7:00PM - 10:30PM

USD 155 per person  
HB/FB USD 75 per person

Reservations required

# WORK HARD, PLAY HARDER

Explore the world beneath the waves...



## PARASAILING

Ride in Dream, Our parasailing boat. Take off and land in the boat without getting wet!

15min in the sky  
US\$ 130 per person

Private Sunset Parasailing  
US\$ 500



## WOW SNORKELING

A journey you will never forget!  
Have a lifelong adventure and swim with the whale sharks - the world's largest fish!

CHOOSE YOUR BOAT!

\*Minimum 8 guests required for shared trips \*Extra charge for additional guests on private trips. \*Extra charge for Chef and food on private yacht



## FUNTUBE

USD 90 per person  
Enjoy 50% off on your Funtube experience

Pre-booking is required

### B&F, AWAY® SPA, DOWN UNDER

HI THERE! Scan these QR codes for insider access to:



B&F



AWAY® SPA



Down Under

## CLICK IT!

Capture your  
Whatever/Whenever moments

**CAUGHT-ON-CAM**  
20 photos + 30 second edited video  
USD 400

**A LITTLE OF YOU**  
20 photos in USB  
USD 275

**ISLAND ESCAPE**  
15 AERIAL PHOTOS IN USB  
USD 450

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# BALANCE YOUR ENERGY

## FUEL YOUR WORKOUT

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM - 7:00AM		Sunrise Yoga (Away Spa)		Sunrise Yoga (Away Spa)		Sunrise Yoga (Away Spa)	
8:00AM - 8:45AM	Crush and Burn (Wet Deck)		HIIT (Wet Deck)		Boxing (Wet Deck)		HIIT (Wet Deck)
11:30AM - 12:15PM		Aqua Fit (Wet Pool)		Aqua Fit (Wet Pool)			
3:00PM - 3:45PM					Crush and Burn (Energy)		
5:30PM - 6:30PM	Sunset Yoga (FIRE Beach)	Beach Football (Wave Beach)	Sunset Yoga (FIRE Beach)	Pilates (Wet Deck)	Sunset Yoga (FIRE Beach)	Pilates (Wet Deck)	Trampoline Pump Up (Wet Deck)

### PRIVATE LESSON CHARGES

Single USD 75  
Couple USD 120

### THERAGUN

15 Mins USD 15

All complimentary classes need reservations in advance

Please contact Whatever/Whenever Agents for reservations

For BOXING maximum of 6 guests only  
All classes need to be booked in advance

### CRUSH & BURN

A bootcamp session to keep it fun with a burst of intense activity alternated with intervals of lighter exercises

### HIIT

High Intensity Interval Training

### TRAMPOLINE PUMP UP

Jump and dance on the trampoline and burn that calories

### AQUA FIT

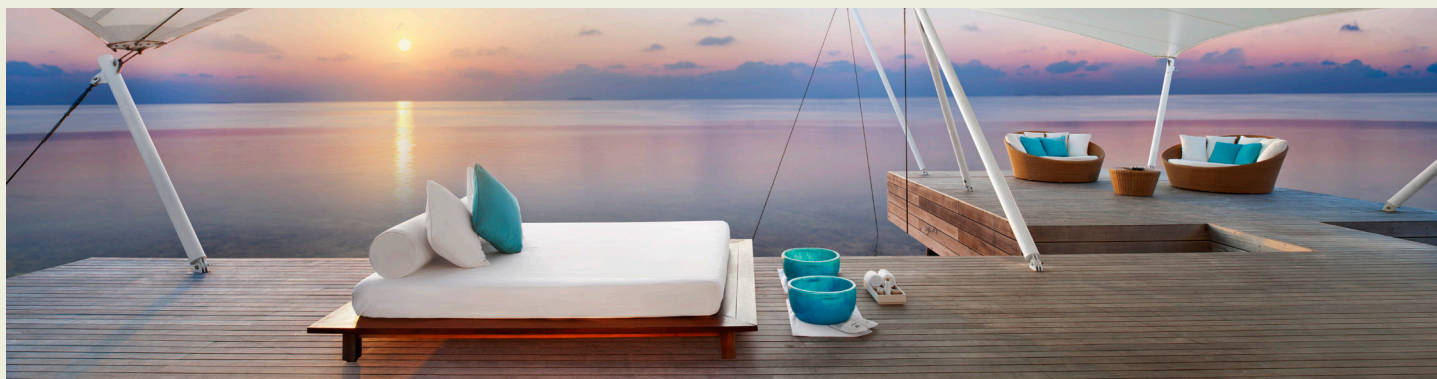
Move against the water and jive with the music of Aqua Aerobic hype

### BOXING

Sweat and punch like Rocky Balboa

### PILATES

Improve your physical strength, flexibility and posture while enhancing your mental awareness



Find the energy to look good, feel good, go longer and stay later.  
Fuel you glow in overwater treatment rooms at our AWAY SPA.

### HERE FOR YOU

Booked any 60 mins a la carte  
Massage Bubble Bath 30 mins for Free

### EXCEPTIONALLY YOU

#### SINGLE

USD 315 Nett

Marriott Bonvoy - 78,750 Points




#### COUPLE

USD 607 Nett

Marriott Bonvoy - 151,750 Points

30 mins Choice of body treatments and Bespoke Facial 60 mins  
Entitle 30% Disc retails products

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# FIT

## YOGA AND PILATES

Private session charges  
USD 75 for single and  
USD 120 for couples

Subject to 10% Service Charge and 16% GST

### YOGA

Immerse yourself in the practice of yoga and connect your mind, body and spirit through intentional body movements and breath control. Discover your inner self and experience a meaningful journey beyond the physical benefits such as stronger muscles and increased flexibility. The sensory aspects of yoga, from the feeling of different poses to the sound of the breath, helps to enhance awareness and deepen the connection to the present moment. Gain insider insights from experts into the endless benefits of this practice, and how it can help you on a personal level, to achieve results in different aspects of your life.

#### YOGA FOR BEGINNERS (60/90 MINS)

Learn the fundamentals of Yoga with gentle practices that integrate body, breath and mind. This session includes loosening exercises, simple movements of the Asana (postures), basic Pranayama (breathing) and relaxation methods taught in an easy-to-follow manner.

#### YOGA PRIVATE SESSION (60/90 MINS)

Enjoy assists and adjustments perfect for you. Explore postures that you have questions about, and fine tune your alignment. Private Yoga sessions are a great way to go deeper into your practice, and include stretches and postures to give you maximum results. Leave with a personalized plan you can easily follow at home.

#### PRANYAM YOGA (60/90 MINS)

This is an instructional class great for those new to Yoga. It is also a nice place to revisit as a more advanced student to see your practice with new eyes. Learn meditation techniques, proper alignment, and how to coordinate your breath and movement. This class includes instruction in sun salutations. Adjustments and assists are given, and modifications are suggested. Bring your sense of humor and an open mind.

#### HATHA YOGA (60/90 MINS)

Hatha Yoga uses postures (Asanas) and stretches combined with the breath to develop flexibility and relaxation. However, this practice encourages proper alignment of the body and brings balance, strength, and calm to the practitioner. Our Hatha Yoga classes are based on the classic and ancient practices.

#### DETOX YOGA (60/90 MINS)

This method of Yoga involves synchronizing the breath with a progressive series of postures. This process produces intense internal heat and a profuse, purifying sweat that detoxifies muscles and organs, resulting in improvement of circulation, a light and strong body, and a calm mind.

#### MUSIC FLOW YOGA (60/90 MINS)

Coordinate movement with breath to flow from one posture to the next. The sequencing of the movement gives balance, strength, and calm to the practitioner.

#### FOR YOUR COMFORT

- Yoga is best practiced on an empty stomach.
- Please arrive at least 5 to 10 minutes before the class commences to unwind and calm the senses.
- Wear comfortable, lightweight clothing that is flexible and non-binding.
- Inform the instructor prior to class if you have any health conditions such as neck, back or joint injuries, recent surgery, high blood pressure, pregnancy, etc.

### MEDITATION

Discover the meaningful journey of meditation. It is a safe and simple way to balance one's physical, emotional and mental states. The practice helps to reduce stress and anxiety, calms the mind, and connects a person to their inner self. Connect to this immersive experience, which will help to awaken you, and discover a heightened perception of self and the world. Learn to be present, and tune in or tune out through conscious choice.

#### CHANTING MEDITATION (60 MINS)

Chanting meditations is a form of mantra meditation. Mantra repetition helps to maintain a blank state of mind.

#### CHAKRA MEDITATION (60 MINS)

Chakra is known as the spinning wheel of energy. There are seven major chakra points located throughout the body, each with their own unique attributes and characteristics. By practicing chakra meditation, we can help to focus the mind and body while using them as guides in everyday life.

#### YOGA NIDRA MEDITATION (60 MINS)

Yoga Nidra sometimes known as 'Yogic Sleep', is a deep relaxation in which you intentionally enter the stillness of deep sleep, yet paradoxically remain awake in a state of supreme stillness and insight. This process of awareness is extremely beneficial, both for releasing stress, and for experiencing the joy of subtle spiritual explorations or encounters.

### FITNESS

#### PILATES (MAT) (60 MINS)

The Pilates exercise technique is a set of principles and exercises which works the whole body in balance, and coordinating the upper and lower musculature with the body's center. This dramatically improves strength, flexibility, posture and coordination. The outcome is a balanced body which is strong and supple with flat abdominals, balanced legs and a strong back.

#### STRETCH AND RELAX (60 MINS)

Flexibility is an essential component of fitness! This whole-body stretching class will complement your other workouts to improve your overall well-being by releasing muscle tension, decreasing stress, reinforcing proper body alignment, and enhancing coordination.

#### CORE ABS (60 MINS)

Tone your abdomen, strengthen your back and create a strong center. Transform the body through breath, go deep into internal organs to release toxins, and bring freedom and fluidity into your body. This class targets often neglected muscle groups. A strong core will help you avoid injuries.

#### CARDIO (60 MINS)




Expect cardio exercise to raise your heart rate. This movement will make your muscles stronger and help for a more efficient and healthy body. A stronger cardiovascular system means more capillaries delivering more oxygen to cells in your muscles. This exercise will enable your cells to burn more fat during both exercise and inactivity.

#### PLEASE NOTE:

- To avoid disappointment, advance reservations are recommended.
- For more information, please contact Whatever/ Whenever.



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