

Navasana Spa Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 - 6:15	Sunrise Yoga	Sunrise Yoga	Sunrise Yoga	Sunrise Yoga	Sunrise Yoga	Sunrise Yoga	Sunrise Yoga
8:00 - 8:45	Rebound/ Trampoline	Aerial Yoga	Bungee Fit	Wheel Yoga	Rebound/ Trampoline	Aerial Yoga	Block & Strap Stretching
16:30 - 17:15	Sound Healing	Block & Strap Stretching	Wheel Yoga	Aerial Yoga	Sound Healing	Suspension Training	Bungee Fit
17:45 - 18:15	Sunset Yoga	Sunset Yoga	Sunset Yoga	Sunset Yoga	Sunset Yoga	Sunset Yoga	Sunset Yoga

For scheduling, please contact your GSA or Navasana spa. Limited slots available.

THE LONG ROOM
FITNESS & YOGA STUDIO



OUTRIGGER
MALDIVES MAAFUSHIVARU RESORT