

REFRESH 2021 »

31 DEC 2020 - 19 JAN 2021



pullman
HOTELS AND RESORTS

MALDIVES MAAMUTAA RESORT

PULLMANFIT



MEET OUR ALL STAR GUESTS COACHES



SARAH HOEY

Pullman Wellness Ambassador

Sarah is a fitness instructor and nutritionist, whose mission is to help a whole new generation of travelers thrive while on the go.

She's been leading fitness and wellness bootcamps around the world and inspiring us to creating unique experiences for our guest combining healthy lifestyle and eating habits.



ALLAOUA YOGA

Yoga, Animal Flow and Systema Instructor

Allaoua is one of the few Level 2 certified instructor of Animal Flow and Systema in the Middle East region.

By specializing into the understanding of yoga mechanisms and the anatomical alignment of movement, Allaoua created and developed his own signature yoga styles and is a valued member of the Dubai yoga community.

FUSHA YOUR BO



31 DEC 2020

7AM

Good resolution run

Raaveriya Beach | Max 10 guests

5.30PM

Meditation & intention setting

Panorama Lawn | Max 10 guests

1 JAN 2021

11.30AM

NY Detox brunch

Melange Restaurant

5.30PM

First sunset yoga of the year

Melange Deck | Max 10 guests

2 JAN 2021

6.30AM

Sunrise yoga

Sol Rising | Max 10 guests

8AM

Active breakfast

Sol Rising

11AM

Bootcamp - Cardio + weights

Slots of 45min | Max 4 guests

Panorama Lawn

3 JAN 2021

6AM

SUP Challenge 10K

Water Sports | Max 8 guests

6PM

Award giving ceremony

Melange Deck

4 JAN

6.30AM

Yoga in the lagoon

Panorama Lawn | Max 10 guests

8AM

Active breakfast

Sol Rising

11AM

Nutrition classes

How to do healthy smoothies

Phat Chameleon | Max 15 guests

4PM

Beach workout

Raaveriyaa Beach | Max 10 guests

5.30PM

Hip opener + relaxation tips

Melange Deck | Max 10 guests

5 JAN

7AM

Family Fit Trail

Pullman Fit | Max 5 families

11AM

Holistic living workshop

How to DIY immunity boosters

Phat Chameleon | Max 15 guests

6 JAN

6.30AM

Fit Trail Challenge

5K running & swimming

Water sports | Max 10 guests

9AM

Breakfast of the champions

Melange



BOUNDARIES

UP YOUR



6 JAN

2PM

Nutrition classes

*Immunity boosters & detox tea
Phat Chameleon | Max 15 guests*

5.30PM

Hip opener + relaxation tips
Melange Deck | Max 10 guests

8 JAN

7.30AM

2 days detox program
Active breakfast | Sol Rising

5PM

Sunset yoga on the Ocean
Diving Center | Max 8 guests

9 JAN

6.30AM

Sunrise yoga

Sol Rising | Max 10 guests

7.30AM

2 days detox program
Sol Rising | Max 10 guests

11AM

Family aqua fitness

Melange pool | Max 5 families

5PM

Sunset lagoon workout

Panorama lawn | Max 10 guests

10 JAN

6AM

SUP Challenge 10K

*Paddleboarding & sandbank workout
Water Sports | Max 8 guests*

6PM

Award giving ceremony

Melange deck

11 JAN

7AM

Family Fit Trail

Pullman Fit | Max 5 families

8AM

Active breakfast

Sol Rising

10AM

Nutrition classes

*Immunity boosters & detox tea
Phat Chameleon | Max 15 guests*

4PM

Beach workout

Pullman Fit | Max 8 guests

5.30PM

Hip opener + relaxation tips

Melange Deck | Max 10 guests



GAME

YOU ARE A PART



12 JAN

6.30AM

Fit Trail Challenge

5K running & swimming

Water sports | Max 10 guests

8AM

Active breakfast

Sol Rising |

10AM

Warrior flow

Melange deck | Max 10 guests

4PM

Active stretch & mobility

Melange deck | Max 10 guests

5.30PM

Closing ceremony cocktails

Melange deck

13 JAN

7.30AM

Active stretch & mobility

Melange deck | Max 10 guests

10AM

Calisthenics

Melange deck | Max 10 guests

5PM

Animal flow

Melange deck | Max 10 guests

14 JAN

6AM | 60min

Warrior flow

Sol Rising deck | Max 10 guests

10AM | 45min

Calisthenics

Melange deck | Max 10 guests

5PM | 90min

Active stretch, mobility & meditation

Melange deck | Max 10 guests

15 JAN

7AM | 120min

Systema self defense

Melange deck | Max 10 guests

10AM | 45min

Calisthenics

Melange deck | Max 10 guests

5PM | 90min

Systema massage & breathing tips

Melange deck | Max 10 guests

16 JAN

7AM | 60min

Active stretch & mobility

Melange deck | Max 10 guests

10AM | 45min

Calisthenics

Melange deck | Max 10 guests

5PM | 60min

Animal flow

Melange deck | Max 10 guests



PUSH YOUR BOUND

YOUR BOUNDARIES



17 JAN

6AM | 60 min

Warrior flow

Sol Rising deck | Max 10 guests

10AM | 45min

Calisthenics

Melange deck | Max 10 guests

5PM | 90min

Active stretch, mobility & meditation

Melange deck | Max 10 guests

18 JAN

7AM | 120min

Systema self defense

Melange deck | Max 10 guests

10AM | 45min

Calisthenics

Melange deck | Max 10 guests

5PM | 90min

Systema massage & breathing tips

Melange deck | Max 10 guests

19 JAN

7AM | 60min

Active stretch & mobility

Sol Rising deck | Max 10 guests

10AM | 45min

Calisthenics

Melange deck | Max 10 guests

5PM | 60min

Animal flow

Melange deck | Max 10 guests

6.15PM

Closing ceremony cocktails

Melange deck



JOIN THE MOVE

ARE YOU IN?



pullman
HOTELS AND RESORTS

MALDIVES MAAMUTAA RESORT

MOVEMENT