



THE RITZ - CARLTON

BALI

YOGA SCHEDULE

DAY	TIME	ACTIVITY	VENUE
MONDAY	07:00 – 08:00	VINYASA YOGA	CHAPEL LAWN
TUESDAY	07:00 – 08:00	MORNING FLOW MEDITATION	CHAPEL LAWN
	18:00 – 19:00	FLY HIGH YOGA**	YOGA STUDIO
WEDNESDAY	08:30 – 09:30	YIN YOGA	YOGA STUDIO
	15:30 – 16:15	AQUA YOGA	HYDRO-VITAL POOL
	17:00 – 18:00	SUNSET MEDITATION	CHAPEL LAWN
THURSDAY	07:00 – 08:00	KAPHA YOGA	CHAPEL LAWN
	18:00 – 19:00	FLY HIGH YOGA**	YOGA STUDIO
FRIDAY	07:00 – 08:00	HATHA YOGA	CHAPEL LAWN
	17:00 – 18:00	SUNSET MEDITATION	CHAPEL LAWN
SATURDAY	07:00 – 08:00	POWER YOGA	CHAPEL LAWN
SUNDAY	07:00 – 08:00	HATHA YOGA	CHAPEL LAWN
	10.00 – 10.45	AQUA YOGA	HYDRO-VITAL POOL
	18:00 – 19:00	FLY HIGH YOGA**	YOGA STUDIO

**RESERVATION IS REQUIRED ONE DAY IN ADVANCE WITH ADDITIONAL FEE AT IDR 200,000 AND SUBJECT TO 11% GOVERNMENT TAX AND 10% SERVICE CHARGE
PRIVATE YOGA SESSION CAN BE ARRANGED AT ADDITIONAL CHARGE

ACTIVITIES