

WEEKLY ACTIVITIES SCHEDULE



MONDAY

9:00 – 9:30 am	Meditation <i>(complimentary)</i>
09:45 – 10:15 am	Intro to Yoga <i>(complimentary)</i>

TUESDAY

9:00 – 9:30 am	Pranayama <i>(complimentary)</i>
11:00 am – 12:00 noon	Hatha Yoga <i>(IDR 500 per person)</i>
2:00 – 2:30 pm	Pilates <i>(complimentary)</i>
3:30 – 4:30 pm	TRX Suspension Training <i>(IDR 500 per person)</i>

WEDNESDAY

9:00 – 9:30 am	Intro to Wellness Screening <i>(complimentary)</i>
11:00 – 11:45 am	Circuit Training <i>(IDR 500 per person)</i>
2:00 – 2:30 pm	Singing Bowl Meditation <i>(complimentary)</i>
3:30 – 4:15 pm	Aerial Yoga <i>(IDR 500 per person)</i>

THURSDAY

9:00 – 9:30 am	Intro to Yoga <i>(complimentary)</i>
11:00 – 11:45 am	Stretch and Mobility <i>(IDR 500 per person)</i>
2:00 – 2:30 pm	Pilates <i>(complimentary)</i>
3:30 – 4:15 pm	Hatha Yoga <i>(IDR 500 per person)</i>

FRIDAY

9:00 – 9:30 am	Singing Bowl Meditation <i>(complimentary)</i>
11:00 am – 12:00 noon	Hatha Yoga <i>(IDR 500 per person)</i>
2:00 – 2:30 pm	Yoga <i>(complimentary)</i>
3:30 – 4:30 pm	Stretch and Mobility <i>(IDR 500 per person)</i>

SATURDAY

9:00 – 9:30 am	Intro to Yoga <i>(complimentary)</i>
11:00 – 11:45 am	Aerial Yoga <i>(IDR 500 per person)</i>
2:00 – 2:30 pm	Pranayama <i>(complimentary)</i>
3:30 – 4:30 pm	Pilates <i>(IDR 500 per person)</i>

SUNDAY

9:00 – 9:30 am	Pranayama <i>(complimentary)</i>
09:45 – 10:15 am	Intro to Yoga <i>(complimentary)</i>

AVAILABLE DAILY

8:00 – 11:00 am	Floating Breakfast <i>(IDR 1,400 per couple)*</i>
12:00 noon – 5:00 pm	Floating Lunch <i>(IDR 1,400 per couple)*</i>
6:00 – 10:00 pm	Chef In Villa <i>(IDR 1,600 per person)*</i>
6:30 – 10:30 pm	Cinema Paradiso <i>(complimentary)</i>
12.00 noon – 2:00 pm	Cooking Class <i>(IDR 1,450 per person)*</i>
4:15 – 7:15 pm	Uluwatu Temple Pilgrim and Kecak Dance <i>(IDR 1,400 per couple)*</i>

*Reservation required minimum 24 hours in advance