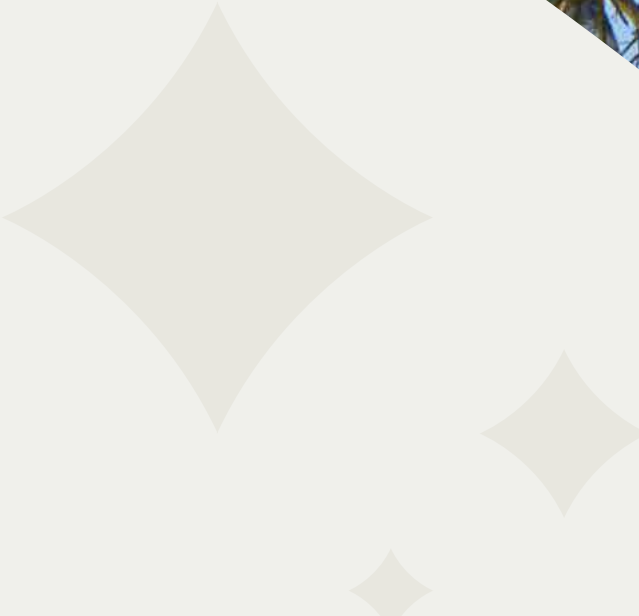
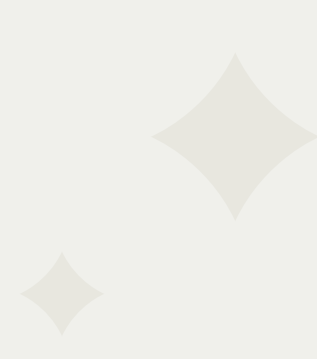




Resort Activities *Monday*



6-6:45 a.m.

Sunrise Yoga for Beginner
Beach Garden

8-9 a.m.

Hatha Yoga
IDR 250,000 net / person
Minimum of 2 persons
Shankha Spa

10-10:30 a.m.

High Intensity Training
Shankha Spa

11-11:45 a.m.

Aqua Aerobic
Main Pool

2-4 p.m.

Canang Making
Gazebo

4-5 p.m.

Soccer
Beach

5-6 p.m.

Pranayama Meditation
IDR 250,000 net / person
Minimum of 2 persons
Shankha Spa

Scheduled activity sessions are subject to change or cancellation without prior notice or if there are insufficient participants.

Guests participate in activity sessions at their own risk.

Personal training sessions are available upon request. Please contact Shankha Spa at Extension 7600 between 9 a.m.-9 p.m.

All prices are in Indonesian Rupiah and include a 10% service charge and 15% government tax.

Please note: Yoga and Meditation sessions require booking at least one day in advance.



Resort Activities

Tuesday

6-7 a.m.

Bicycle Tour
Maximum of 9 persons
Pool Counter

8-9 a.m.

Power Yoga
IDR 250,000 net / person
Minimum 2 persons
Shankha Spa

10-10:30 a.m.

Tabata
Shankha Spa

10 a.m.-5 p.m.

Stone Carving
Gazebo

11-11:45 a.m.

Aqua Aerobic
Main Pool

4-5 p.m.

Ping Pong
Garden

5-6 p.m.

Hatha Yoga
IDR 250,000 net / person
Minimum 2 persons
Shankha Spa

Scheduled activity sessions are subject to change or cancellation without prior notice or if there are insufficient participants.

Guests participate in activity sessions at their own risk.

Personal training sessions are available upon request. Please contact Shankha Spa at Extension 7600 between 9 a.m.-9 p.m.

All prices are in Indonesian Rupiah and include a 10% service charge and 15% government tax.

Please note: Yoga and Meditation sessions require booking at least one day in advance.



HYATT
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BALI



Resort Activities

Wednesday

6-6:45 a.m.
Sunrise Yoga for Beginner
Beach Garden

8-9 a.m.
Vinyasa Yoga
IDR 250,000 net / person
Minimum of 2 persons
Shankha Spa

11-11:45 a.m.
Aqua Aerobic
Main Pool

2-4 p.m.
Canang Making
Gazebo

4-4:30 p.m.
Tabata
Shankha Spa

4-5 p.m.
Soccer
Beach

5-6 p.m.
Circuit Training
IDR 250,000 net / person
Minimum of 2 persons
Shankha Spa

Scheduled activity sessions are subject to change or cancellation without prior notice or if there are insufficient participants.
Guests participate in activity sessions at their own risk.
Personal training sessions are available upon request. Please contact Shankha Spa at Extension 7600 between 9 a.m.-9 p.m.
All prices are in Indonesian Rupiah and include a 10% service charge and 15% government tax.
Please note: Yoga and Meditation sessions require booking at least one day in advance.

Resort Activities

Thursday

6-7 a.m.

Bicycle Tour
Maximum of 9 persons
Pool Counter

8-9 a.m.

Power Yoga
IDR 250,000 net / person
Minimum of 2 persons
Shankha Spa

10 a.m. - 5 p.m.

Stone Carving
Gazebo

11-11:45 a.m.

Aqua Aerobic
Main Pool

4-4:30 p.m.

ABS Workout
Shankha Spa

4-5 p.m.

Ping Pong
Garden

5-6 p.m.

Pranayama Meditation
IDR 250,000 net / person
Minimum of 2 persons
Shankha Spa

Scheduled activity sessions are subject to change or cancellation without prior notice or if there are insufficient participants.

Guests participate in activity sessions at their own risk.

Personal training sessions are available upon request. Please contact Shankha Spa at Extension 7600 between 9 a.m.-9 p.m.

All prices are in Indonesian Rupiah and include a 10% service charge and 15% government tax.

Please note: Yoga and Meditation sessions require booking at least one day in advance.



Resort Activities

Friday

6-6:45 a.m.

Sunrise Yoga for Beginner
Beach Garden

8-9 a.m.

Hatha Yoga
IDR 250,000 net / person
Minimum of 2 persons
Shankha Spa

10-10:30 a.m.

TRX Training
Shankha Spa

10 a.m.-5 p.m.

Stone Carving
Gazebo

11-11:45 a.m.

Aqua Aerobic
Main Pool

4-4:30 p.m.

Tabata
Shankha Spa

4-5 p.m.

Ping Pong
Garden

5-6 p.m.

Power Yoga
IDR 250,000 net / person
Minimum of 2 persons
Shankha Spa

Scheduled activity sessions are subject to change or cancellation without prior notice or if there are insufficient participants.

Guests participate in activity sessions at their own risk.

Personal training sessions are available upon request. Please contact Shankha Spa at Extension 7600 between 9 a.m.-9 p.m.

All prices are in Indonesian Rupiah and include a 10% service charge and 15% government tax.

Please note: Yoga and Meditation sessions require booking at least one day in advance.



Resort Activities

Saturday

6-6:30 a.m.

Sunrise Stretching
Pool Counter

8-9 a.m.

Vinyasa Yoga
IDR 250,000 net / person
Minimum of 2 persons
Shankha Spa

11-11:45 a.m.

Aqua Aerobic
Lap Pool

2-4 p.m.

Canang Making
Gazebo

4-4:30 p.m.

Tabata
Shankha Spa

4-5 p.m.

Soccer
Beach

5-6 p.m.

Mat Pilates
IDR 250,000 net / person
Minimum of 2 persons
Shankha Spa

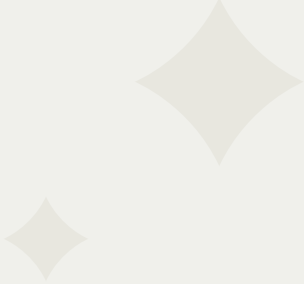
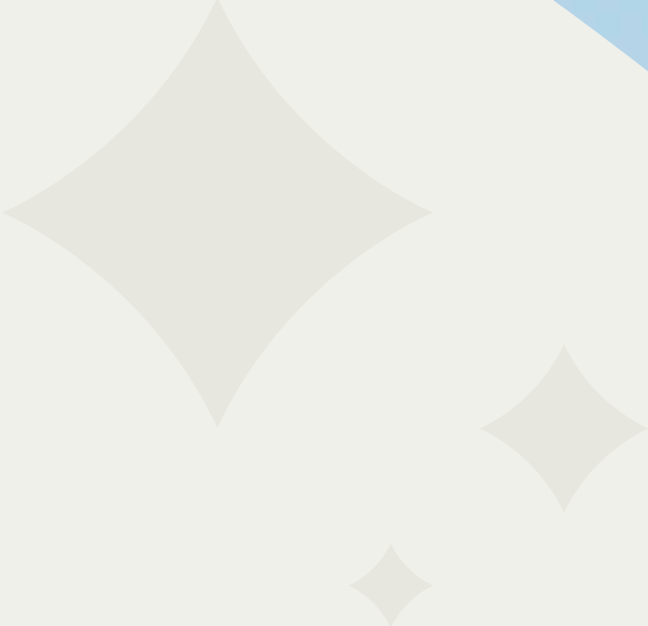
Scheduled activity sessions are subject to change or cancellation without prior notice or if there are insufficient participants.

Guests participate in activity sessions at their own risk.

Personal training sessions are available upon request. Please contact Shankha Spa at Extension 7600 between 9 a.m.-9 p.m.

All prices are in Indonesian Rupiah and include a 10% service charge and 15% government tax.

Please note: Yoga and Pilates sessions require booking at least one day in advance.



Resort Activities *Sunday*

6-6:30 a.m.
Sunrise Stretching
Pool Counter

8-9 a.m.
HathaYoga
IDR 250,000 net / person
Minimum of 2 persons
Shankha Spa

10-10:30 a.m.
Circuit Training
Shankha Spa

10 a.m.-5 p.m.
Stone Carving
Gazebo

11-11:45 a.m.
Aqua Aerobic
Lap Pool

1-2 p.m.
Aqua Yoga
IDR 250,000 net / person
Minimum of 2 persons
Shankha Spa Pool

4-4:30 p.m.
ABS Workout
Shankha Spa

4-5 p.m.
Soccer
Beach

Scheduled activity sessions are subject to change or cancellation without prior notice or if there are insufficient participants.

Guests participate in activity sessions at their own risk.

Personal training sessions are available upon request. Please contact Shankha Spa at Extension 7600 between 9 a.m.-9 p.m.

All prices are in Indonesian Rupiah and include a 10% service charge and 15% government tax.

Please note: Yoga and Meditation sessions require booking at least one day in advance.

Resort Activities

Personal Session

Yoga

Mat Pilates

Meditation

Lower Body Workout

Upper Body Exercise

Fitness & Flexibility Exercise

IDR 500K net per person
Advance booking required