

DAY TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07.00 - 10.00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
07.00 - 08.00		Morning Walk (Reception)		Morning Walk (Reception)			Morning Walk (Reception)
08.30 - 09.30	Sunrise Yoga Class (by Puspa)		Sunrise Yoga Class (by Puspa)		Sunrise Yoga Class (by Puspa)		
10.00 - 11.00	Offering Making (Lobby Area)	Offering Making (Lobby Area)	Offering Making (Lobby Area)	Offering Making (Lobby Area)	Offering Making (Lobby Area)	Offering Making (Lobby Area)	Offering Making (Lobby Area)
12.00 - 12.15	Functional Wellness Talk (Wellbeing Centre)		Functional Wellness Talk (Wellbeing Centre)		Functional Wellness Talk (Wellbeing Centre)		
16.00 - 17.00	"Bangau Putih/White Crane " Martial Art (Pura)	"Bangau Putih/White Crane " Martial Art (Pura)	"Bangau Putih/White Crane " Martial Art (Pura)	"Bangau Putih/White Crane " Martial Art (Pura)	"Bangau Putih/White Crane " Martial Art (Pura)	"Bangau Putih/White Crane " Martial Art (Pura)	"Bangau Putih/White Crane " Martial Art (Pura)
17.30 - 18.30		Kundalini Yoga (by Savitri Devi)		Kundalini Yoga (by Savitri Devi)		Kundalini Yoga (by Savitri Devi)	

Notes:

1. All the schedule are subject to changes without prior notice
2. All the venues are subject to changes based on the number of people and the weather
3. Please contact our Concierge at extension 0 for booking one day before the latest at 6 PM
4. Yoga Class is available if a minimum of 2 guests sign up the day before 6 PM. If less than 2 guests are registered the yoga class will be canceled.
5. Private yoga class is available with additional charge IDR 200,000 for minimum 2 persons