



SCHEDULE OF DAILY ACTIVITIES

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------------------------------|--|---------------------------------------|---------------------------------------|---------------------------------------|--|---|
| 7.00am to 8.00am | 7.00am to 8.00am | 7.00am to 8.00am | 7.00am to 8.00am | 7.00am to 8.00am | 7.00am to 8.00am | 8.15am to 9.15am |
| Estate Walk Activity Office | Estate Walk Activity Office | Rice Field Walk Activity Office | Estate Walk Activity Office | Estate Walk Activity Office | Estate Walk Activity Office | Pilates Mat Class Pilates Mat Studio |
| 9.30am to 10.30am | 9.30am to 10.30am | 9.30am to 10.00am | 9.30am to 10.30am | 9.30am to 10.30am | 9.30am to 10.30am | 9.30am to 10.30am |
| Pilates Mat Class Pilates Studio | Foam Roller Fitness Pilates Studio | HIIT Jungle Gym | Pilates Mat Class Pilates Studio | Roll and Flow Pilates Studio | Village/Rice Field Biking Activity Office | Rice Field Walk Activity Office |
| 10.45am to 11.45am | 10.45am to 11.45am | 10.45am to 11.45am | 10.45am to 11.45am | 10.45am to 11.45am | 10.45am to 11.15am | 10.45am to 11.45am |
| COMO Shambhala Kitchen glow | Secrets to Longevity Sattva | Hydrotherapy Circuit Vitality Pool | Art of Living Sattva | Hydrotherapy Circuit Vitality Pool | HIIT Indoor Gym | Balinese Culture Activity Office |
| | | | | | | 12.00pm to 2.00pm |
| | | | | | | Balinese Dance and Gamelan glow |
| 3.30pm to 4.30pm | 3.30pm to 4.30pm | 3.30pm to 4.30pm | 3.30pm to 4.30pm | 3.30pm to 4.30pm | 3.30pm to 4.30pm | 3.30pm to 4.30pm |
| Hydrotherapy Circuit Vitality Pool | Village/Rice Field Biking Activity Office | Hatha Yoga Yoga Pavilion | Hydrotherapy Circuit Vitality Pool | Hatha Yoga Yoga Pavilion | Hydrotherapy Circuit Vitality Pool | Hydrotherapy Circuit Vitality Pool |
| Hatha Yoga Yoga Bale | Hatha Yoga Yoga Bale | Estate Walk Activity Office | Hatha Yoga Yoga Pavilion | Juice Class glow | Hatha Yoga Yoga Pavilion | Hatha Yoga Yoga Pavilion |
| 4.45pm to 5.45pm | | 4.45pm to 5.45pm | 4.45pm to 5.45pm | | 4.45pm to 5.45pm | |
| Pranayama Meditation Yoga Bale | | Pranayama Meditation Yoga Bale | Foam Roller Fitness Pilates Studio | | Pranayama Meditation Yoga Bale | |

Other Points To Note

- Please arrive five minutes before the scheduled start time.
- As a courtesy to other guests, you may not be allowed to join a class if you are more than 15 minutes late or if the class is over-subscribed.
- Outdoor activities (HIIT, walks and hydrotherapy circuit instruction) are subject to weather conditions.
- Please wear suitable attire and bring sun protection for outdoor activities.
- If you are pregnant, please inform the teacher to discuss any special needs.
- All classes are delivered with a group dynamic in mind. For a more personal direction, please book a private session with our teachers. The feedback you receive from a private class will assist your progression in our group classes.
- The class schedule above is for all guests of COMO Shambhala Estate.
- All activities require a 24-hour advance booking.

SCHEDULE OF DAILY ACTIVITIES

CLASS DESCRIPTION

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|------------------------------------|--|
| Art of Living | A talk on ancient Ayurvedic principles that guests can apply to modern life to relieve stress and achieve happiness. |
| Balinese Culture | Create your own traditional basket known as a 'canang', and discover more about this unique ritualistic offering. Maximum of six guests per session. |
| Balinese Dance and Gamelan | The local village girls will practice this traditional dance to the sounds of the gamelan orchestra. |
| COMO Shambhala Kitchen | Join this interactive demonstration and learn how to make a nutritious COMO Shambhala dessert. Maximum of four guests per session. |
| Estate Walk | Join a short guided walk on the Estate's scenic-rich nature path. Moderate difficulty. Maximum of six guests per session. |
| Foam Roller Fitness | Use a foam roller to enhance your fitness level, increase mobility, improve stability and core. |
| Flow Yoga | Join this dynamic and vigorous form of yoga which coordinates movement with breath, flowing from one pose to another. |
| Hatha Yoga | Take part in a slower-paced yoga class that is focused on stretching and breath work, with no flow between poses. |
| Hydrotherapy Circuit | Participate in a combination of stretching, aerobics and water jet massage in our heated Vitality Pool. Maximum of eight guests per session. |
| Instruction HIIT | Meet us in the gym for high intensity full body circuit training. Maximum of four guests per session. |
| Juice Class | Join this interactive demonstration and learn how to make two of our signature COMO Shambhala juices. Maximum of six guests per session. |
| Pilates Mat Class Pranayama | Take part in Pilates and achieve improved quality of movement at all levels. |
| Meditation | Use yogic breathing techniques (pranayama) to prepare the body and mind for meditation. |
| Rice Field Walk | Follow our guides through Begawan village, along trails and rice paddies off the beaten path. Difficulty level is easy to moderate. Maximum of six guests per session. |
| Roll and Flow | Introduces fascial fitness to promote elasticity, increase mobility and prevent injuries. |
| Secrets to Longevity | A talk to discover the system of health and healing used in ancient China and much of Asia. |
| Village/Rice Field Biking | Mountain bike from the Estate through the village and rice fields around Bengawan Village. Difficulty is easy to moderate. Meet at our Activity Office. Maximum of six guests per session. |