

WELLNESS ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00 Vinyasa Yoga Taman Surya	08:00 Flex & Flow (Mat Pilates) Taman Surya	08:00 Power Beach Village Walk & Explore Meeting Point at Towel Counter	08:00 Hatha Yoga Taman Surya	08:00 Flex & Flow (Mat Pilates) Taman Surya	08:00 Paradisus Cycle Escape Meeting Point at Towel Counter	08:00 Power Beach Village Walk & Explore Meeting Point at Towel Counter
10:30 Aqua Stretch Main Pool	10:30 Aqua Stretch Main Pool	10:30 Aqua Stretch Main Pool	10:30 Aqua Stretch Main Pool	10:30 Aqua Stretch Main Pool	10:30 Aqua Stretch Main Pool	10:30 Aqua Stretch Main Pool
11:00 Aqua Aerobic Main Pool	11:00 Aqua Gym Main Pool	11:00 Aqua Zumba Main Pool	11:00 Aqua Aerobic Main Pool	11:00 Aqua Gym Main Pool	11:00 Aqua Zumba Main Pool	11:00 Aqua Aerobic Main Pool
12:00 Water Volleyball Main Pool	12:00 Water Basketball Main Pool	12:00 Water Polo Poolside Garden	12:00 Water Volleyball Main Pool	12:00 Water Basketball Main Pool	12:00 Water Polo Main Pool	12:00 Water Volleyball Main Pool
14:00 Batik & Art Arum Bale	14:00 Balinese Penjor Workshop Arum Bale	14:00 Hotel Temple Visit Arum Bale	14:00 Balinese Janur Art Arum Bale	14:00 Canang Sari (Balinese Offering Making) Arum Bale	14:00 Balinese Sarong & Dance Lesson Arum Bale	14:00 Balinese Janur Art Arum Bale
15.30 Water Polo Main Pool	15.30 Water Volleyball Main Pool	15.30 Water Basketball Main Pool	15.30 Water Polo Main Pool	15.30 Water Volleyball Main Pool	15.30 Water Volleyball Main Pool	15.30 Water Basketball Main Pool
17:00 Power Beach Village Walk & Explore Meeting Point at Towel Counter	17:00 Flow Yoga into Deep Savasana Taman Surya	17:00 Flex & Flow (Mat Pilates) Taman Surya	17:00 Power Beach Village Walk & Explore Meeting Point at Towel Counter	17:00 Evening Force Functional Workout Taman Surya	17:00 Flow Yoga into Deep Savasana Taman Surya	17:00 Flex & Flow (Mat Pilates) Taman Surya