

SCHEDULE OF DAILY ACTIVITIES

From March 3rd to 9th 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00am to 9.00am	8.00am to 9.00am		8.00am to 9.00am	8.00am to 9.00am	8.00am to 8.45am	8.00am to 9.00am
Hatha Yoga with Chitra at Yoga Studio (Maximum of 15 participants)	Pilates Mat with Ray at Yoga Studio (Maximum of 15 participants)		Pilates Mat with Ray at Yoga Studio (Maximum of 15 participants)	Vinyasa Yoga with Marina at Yoga Studio (Maximum of 15 participants)	Suspend Fitness Training with Piping at Yoga Studio 1 (Maximum of eight participants)	Power Pilates with Lauren at Yoga Studio (Maximum of 10 participants)
		9.00am to 9.45am				
		Suspend Fitness Training with Piping at Yoga Studio 1 (Maximum of eight participants)				
				2.45pm to 3.45pm		
				Lower Body Workout Semi-Private with Yuli at Pilates Studio 2 (Maximum of four participants)		

- * Prices are inclusive to 21 per cent service charge and government tax
- * Group classes are priced at IDR 151,250 per person for non-staying guests
- * Semi-private classes are priced at IDR 605,000 per person for all guests
- * COMO guests are entitled to one complimentary group class per day (highlighted in brown)
- * Advance booking is required for all classes (minimum 24 hours prior)
- * All class styles and levels mentioned above are available for private booking. ☐ Intermediate Level
- * To book, please contact COMO Shambhala Reception at **+6281138209572**
- * Classes are located in Fitness Centre unless otherwise stated. In the case of poor weather conditions, outdoor classes will be relocated to the Fitness Centre. 🌳 Outdoor classes.
- * Fitness Centre users and class participants must be age 16 or above
- * All group classes are not suitable for pregnancy unless indicated
- * All group class participants should wear appropriate and comfortable activewear. Suitable shoes are required for all fitness classes
- * Please arrive at least 10 minutes prior to the class start time. Late guests will not be permitted to join the class
- * Classes are subject to change without prior notice

COMO UMA CANGGU

SCHEDULE OF DAILY ACTIVITIES



From March 10th to 16th 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am	8.00am to 8.45am	8.00am to 9.00am
Hatha Yoga with Chitra at Yoga Studio (Maximum of 15 participants)	Pilates Mat with Ray at Yoga Studio (Maximum of 15 participants)	Sunrise Flow Yoga with Martina at Yoga Studio (Maximum of 15 participants)	Pilates Mat with Ray at Yoga Studio (Maximum of 15 participants)	Vinyasa Yoga with Marina at Yoga Studio (Maximum of 15 participants)	Circuit Training with Piping at Pilates Studio 2 (Maximum of six participants)	Power Pilates with Lauren at Pilates Studio 2 (Maximum of 10 participants)
				2.45pm to 3.45pm		
				Lower Body Workout Semi-Private with Yuli at Pilates Studio 2 (Maximum of four participants)		

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- * Group classes are priced at IDR 151,250 per person for non-staying guests
- * Semi-private classes are priced at IDR 605,000 per person for all guests
- * COMO guests are entitled to one complimentary group class per day (highlighted in brown)
- * Advance booking is required for all classes (minimum 24 hours prior)
- * All class styles and levels mentioned above are available for private booking. ☐ Intermediate Level
- * To book, please contact COMO Shambhala Reception at **+6281138209572**
- * Classes are located in Fitness Centre unless otherwise stated. In the case of poor weather conditions, outdoor classes will be relocated to the Fitness Centre. 🌳 Outdoor classes.
- * Fitness Centre users and class participants must be age 16 or above
- * All group classes are not suitable for pregnancy unless indicated
- * All group class participants should wear appropriate and comfortable activewear. Suitable shoes are required for all fitness classes
- * Please arrive at least 10 minutes prior to the class start time. Late guests will not be permitted to join the class
- * Classes are subject to change without prior notice

SCHEDULE OF DAILY ACTIVITIES

From March 17th to 23rd 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00am to 9.00am	8.00am to 9.00am		8.00am to 9.00am	8.00am to 9.00am	8.00am to 8.45am	8.00am to 9.00am
Hatha Yoga with Chitra at Yoga Studio (Maximum of 15 participants)	Pilates Mat with Ray at Yoga Studio (Maximum of 15 participants)		Pilates Mat with Ray at Yoga Studio (Maximum of 15 participants)	Vinyasa Yoga with Marina at Yoga Studio (Maximum of 15 participants)	Suspend Fitness Training with Piping at Yoga Studio 1 (Maximum of eight participants)	Power Pilates with Lauren at Yoga Studio (Maximum of 10 participants)
		9.00am to 9.45am				
		Suspend Fitness Training with Piping at Yoga Studio 1 (Maximum of eight participants)				
				2.45pm to 3.45pm		
				Lower Body Workout Semi-Private with Yuli at Pilates Studio 2 (Maximum of four participants)		

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- * Group classes are priced at IDR 151,250 per person for non-staying guests
- * Semi-private classes are priced at IDR 605,000 per person for all guests
- * COMO guests are entitled to one complimentary group class per day (highlighted in brown)
- * Advance booking is required for all classes (minimum 24 hours prior)
- * All class styles and levels mentioned above are available for private booking. ☐ Intermediate Level
- * To book, please contact COMO Shambhala Reception at **+6281138209572**
- * Classes are located in Fitness Centre unless otherwise stated. In the case of poor weather conditions, outdoor classes will be relocated to the Fitness Centre. 🌿 Outdoor classes.
- * Fitness Centre users and class participants must be age 16 or above
- * All group classes are not suitable for pregnancy unless indicated
- * All group class participants should wear appropriate and comfortable activewear. Suitable shoes are required for all fitness classes
- * Please arrive at least 10 minutes prior to the class start time. Late guests will not be permitted to join the class
- * Classes are subject to change without prior notice

SCHEDULE OF DAILY ACTIVITIES

From March 24th to 30th 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00am to 9.00am	8.00am to 9.00am		8.00am to 9.00am	8.00am to 9.00am	7.00am to 8.00am	8.00am to 9.00am
Hatha Yoga with Chitra at Yoga Studio (Maximum of 15 participants)	Pilates Mat with Ray at Yoga Studio (Maximum of 15 participants)		Pilates Mat with Ray at Yoga Studio (Maximum of 15 participants)	Vinyasa Yoga with Marina at Yoga Studio (Maximum of 15 participants)	Sunrise Flow Yoga with Chitra at Beach Lawn (Maximum of 15 participants)	Power Pilates with Lauren at Yoga Studio (Maximum of 10 participants)
		9.00am to 9.45am				
		Suspend Fitness Training with Piping at Yoga Studio 1 (Maximum of eight participants)				
				2.45pm to 3.45pm		
				Lower Body Workout Semi-Private with Yuli at Pilates Studio 2 (Maximum of four participants)		
				5.00pm to 6.00pm	5.00pm to 6.00pm	
				Sound Healing with Chitra at Yoga Studio (Maximum of 15 participants)	Pranayama and Meditation with Chitra at Yoga Studio (Maximum of 15 participants)	

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- * Advance booking is required for all classes (minimum 24 hours prior)
- * All class styles and levels mentioned above are available for private booking. ☐ Intermediate Level
- * To book, please contact COMO Shambhala Reception at **+6281138209572**
- * Classes are located in Fitness Centre unless otherwise stated. In the case of poor weather conditions, outdoor classes will be relocated to the Fitness Centre. ☂ Outdoor classes.
- * Fitness Centre users and class participants must be age 16 or above
- * All group classes are not suitable for pregnancy unless indicated
- * All group class participants should wear appropriate and comfortable activewear. Suitable shoes are required for all fitness classes
- * Please arrive at least 10 minutes prior to the class start time. Late guests will not be permitted to join the class
- * Classes are subject to change without prior notice

SCHEDULE OF DAILY ACTIVITIES

From March 31st to April 6th 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00am to 9.00am	8.00am to 9.00am		8.00am to 9.00am	8.00am to 9.00am	8.00am to 8.45am	8.00am to 9.00am
Hatha Yoga with Chitra at Yoga Studio (Maximum of 15 participants)	Pilates Mat with Ray at Yoga Studio (Maximum of 15 participants)		Pilates Mat with Ray at Yoga Studio (Maximum of 15 participants)	Vinyasa Yoga with Marina at Yoga Studio (Maximum of 15 participants)	Suspend Fitness Training with Piping at Yoga Studio 1 (Maximum of eight participants)	Power Pilates with Lauren at Yoga Studio (Maximum of 10 participants)
		9.00am to 9.45am				
		Suspend Fitness Training with Piping at Yoga Studio 1 (Maximum of eight participants)				
					2.45pm to 3.45pm	
					Lower Body Workout Semi-Private with Yuli at Pilates Studio 2 (Maximum of four participants)	

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- * Group classes are priced at IDR 151,250 per person for non-staying guests
- * Semi-private classes are priced at IDR 605,000 per person for all guests
- * COMO guests are entitled to one complimentary group class per day (highlighted in brown)
- * Advance booking is required for all classes (minimum 24 hours prior)
- * All class styles and levels mentioned above are available for private booking. ☐ Intermediate Level
- * To book, please contact COMO Shambhala Reception at **+6281138209572**
- * Classes are located in Fitness Centre unless otherwise stated. In the case of poor weather conditions, outdoor classes will be relocated to the Fitness Centre. 🌳 Outdoor classes.
- * Fitness Centre users and class participants must be age 16 or above
- * All group classes are not suitable for pregnancy unless indicated
- * All group class participants should wear appropriate and comfortable activewear. Suitable shoes are required for all fitness classes
- * Please arrive at least 10 minutes prior to the class start time. Late guests will not be permitted to join the class
- * Classes are subject to change without prior notice

YOGA

Hatha Yoga

Will be consisting of variety of postures suitable for all abilities. We begin with breath awareness, before moving through a varied sequence of traditional standing poses, arm balances, forward bends, back bends, twists and inversions. We finish with a well-deserved savasana, lying on your back as you relax.

Vinyasa Yoga

This moving meditation consists of carefully curated sequences, seamlessly woven together for complete fluidity. This an energising practice, encouraging you literally 'go with the flow'.

Sunrise Flow Yoga

Is a gentle yoga practice that involves a series of fluid movements and breath awareness. It's often performed in the morning to help you start your day relaxed and refreshed.

Pranayama Meditation

Learn the art of the ancient yogic breathing practice Pranayama and relax your mind and body through seated meditation with one of our yoga experts.

Sound Healing

Experience a 60-minute session of deep healing through the powerful sound and vibration emitted by Singing Bowls. You will be into Theta brainwaves state, this is the state between awake and asleep and is related to your subconscious mind. And eventually, you'll be into deep relaxation and inner peace. The sound and vibration will significantly reduce anxiety, tension, and stress, and also cleanse and balance the Chakra the energy.

PILATES

Pilates Mat

Learn the basic foundation of Pilates mat exercises in this workout while using your body weight as resistance. This class helps to improve posture and core strength, muscular endurance and flexibility while elongating and strengthening the spine.

Power Pilates

Is a total body workout that mixes strength and resistance following basic Pilates principles. Combining isolated movements to build control, core strength, balance, and muscular endurance. You will leave feeling stronger and more connected to your body.

FITNESS

Suspend Fitness Class

Get a total body workout with our Jungle Sport® equipment that will help to improve your strength, flexibility, posture and balance.

Circuit Training

This class is based on the principles of High Intensity Interval Training (HIIT). It enables you to go harder for longer by increasing the anaerobic threshold and also helps to burn fat. Classes use equipment in the gym alongside with the Tabata Training system.

SEMI-PRIVATE CLASSES

Available as a private session.

Lower Body Workout

These workout includes a mix of weighted compound exercises & higher rep booty isolation movements to give you the ultimate booty pump.