

From April 1st to 7th 2024

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
<b>Hatha Yoga</b> with Chitra at Yoga Studio (Maximum of 15 participants)	<b>Pilates Mat</b> with Ray at Yoga Studio (Maximum of 15 participants)		<b>Pilates Mat</b> with Ray at Yoga Studio (Maximum of 15 participants)	<b>Vinyasa Yoga</b> with Ray at Yoga Studio (Maximum of 15 participants)	<b>Suspend Fitness Training</b> with Piping at Yoga Studio 1 (Maximum of eight participants)	<b>Vinyasa Yoga</b> with Lauren at Yoga Studio (Maximum of 15 participants)
	9.15am to 10.15am	9.00am to 9.45am	9.15am to 10.15am	9.15am to 10.15am		
	<b>Reformer Semi-Private</b> with Ray at Pilates Studio 1 (Maximum of two participants)	<b>Suspend Fitness Training</b> with Piping at Yoga Studio 1 (Maximum of eight participants)	<b>Reformer Semi-Private</b> with Ray at Pilates Studio 1 (Maximum of two participants)	<b>Reformer Semi-Private</b> with Ray at Pilates Studio 1 (Maximum of two participants)		
				2.45pm to 3.45pm		
				<b>Body Weight Training Semi-Private</b> with Yuli at Pilates Studio 2 (Maximum of four participants)		
4.00pm to 5.00pm		4.00pm to 5.00pm		4.00pm to 5.00pm	4.00pm to 5.00pm	
<b>Pilates with Props</b> with Ray at Pilates Studio 2 (Maximum of 10 participants)		<b>Yin Yoga</b> with Chitra at Yoga Studio (Maximum of 15 participants)		<b>Full-Body Workout</b> with Yuli at Yoga Studio (Maximum of 15 participants)	<b>Yin Yoga</b> with Martina at Yoga Studio (Maximum of 15 participants)	

Points to note:

- \* Prices are subject to 21 per cent service charge and government tax.
- \* Group classes are priced at IDR 125,000 per person for non-staying guests.
- \* Semi-private classes are priced at IDR 500,000 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.
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From April 8th to 14th 2024

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
<b>Hatha Yoga</b> with Chitra at Yoga Studio (Maximum of 15 participants)	<b>Pilates Mat</b> with Ray at Yoga Studio (Maximum of 15 participants)		<b>Pilates Mat</b> with Ray at Yoga Studio (Maximum of 15 participants)	<b>Vinyasa Yoga</b> with Ray at Yoga Studio (Maximum of 15 participants)	<b>Suspend Fitness Training</b> with Piping at Yoga Studio 1 (Maximum of eight participants)	<b>Vinyasa Yoga</b> with Lauren at Yoga Studio (Maximum of 15 participants)
	9.15am to 10.15am	9.00am to 9.45am	9.15am to 10.15am	9.15am to 10.15am		
	<b>Reformer Semi-Private</b> with Ray at Pilates Studio 1 (Maximum of two participants)	<b>Suspend Fitness Training</b> with Piping at Yoga Studio 1 (Maximum of eight participants)	<b>Reformer Semi-Private</b> with Ray at Pilates Studio 1 (Maximum of two participants)	<b>Reformer Semi-Private</b> with Ray at Pilates Studio 1 (Maximum of two participants)		
				2.45pm to 3.45pm		
				<b>Body Weight Training Semi-Private</b> with Yuli at Pilates Studio 2 (Maximum of four participants)		
4.00pm to 5.00pm		4.00pm to 5.00pm		4.00pm to 5.00pm	4.00pm to 5.00pm	
<b>Pilates with Props</b> with Ray at Yoga Studio (Maximum of 10 participants)		<b>Yin Yoga</b> with Chitra at Yoga Studio (Maximum of 15 participants)		<b>Full-Body Workout</b> with Yuli at Yoga Studio (Maximum of 15 participants)	<b>Yin Yoga</b> with Lauren at Yoga Studio (Maximum of 15 participants)	

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From April 15th to 21st 2024

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
<b>Hatha Yoga</b> with Chitra at Yoga Studio (Maximum of 15 participants)	<b>Pilates Mat</b> with Ray at Yoga Studio (Maximum of 15 participants)		<b>Pilates Mat</b> with Ray at Pilates Studio 2 (Maximum of 10 participants)	<b>Vinyasa Yoga</b> with Ray at Pilates Studio 2 (Maximum of 10 participants)	<b>Circuit Fitness Training</b> with Piping at Pilates Studio 2 (Maximum of six participants)	<b>Vinyasa Yoga</b> with Lauren at Yoga Studio (Maximum of 15 participants)
	9.15am to 10.15am	9.00am to 9.45am	9.15am to 10.15am	9.15am to 10.15am		
	<b>Reformer Semi-Private</b> with Ray at Pilates Studio 1 (Maximum of two participants)	<b>Suspend Fitness Training</b> with Piping at Yoga Studio 1 (Maximum of eight participants)	<b>Reformer Semi-Private</b> with Ray at Pilates Studio 1 (Maximum of two participants)	<b>Reformer Semi-Private</b> with Ray at Pilates Studio 1 (Maximum of two participants)		
				2.45pm to 3.45pm		
				<b>Body Weight Training Semi-Private</b> with Yuli at Pilates Studio 2 (Maximum of four participants)		
4.00pm to 5.00pm		4.00pm to 5.00pm		4.00pm to 5.00pm	4.00pm to 5.00pm	
<b>Pilates with Props</b> with Ray at Pilates Studio 2 (Maximum of 10 participants)		<b>Yin Yoga</b> with Chitra at Yoga Studio (Maximum of 15 participants)		<b>Full-Body Workout</b> with Yuli at Yoga Studio (Maximum of 15 participants)	<b>Yin Yoga</b> with Martina at Yoga Studio (Maximum of 15 participants)	

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- \* All group class participants should wear appropriate and comfortable activewear. Suitable shoes are required for all fitness classes.
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From April 22nd to 28th 2024

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
<b>Hatha Yoga</b> with Chitra at Yoga Studio (Maximum of 15 participants)	<b>Pilates Mat</b> with Ray at Yoga Studio (Maximum of 15 participants)		<b>Pilates Mat</b> with Ray at Yoga Studio (Maximum of 15 participants)	<b>Vinyasa Yoga</b> with Ray at Yoga Studio (Maximum of 15 participants)	<b>Suspend Fitness Training</b> with Piping at Yoga Studio 1 (Maximum of eight participants)	<b>Vinyasa Yoga</b> with Luran at Yoga Studio (Maximum of 15 participants)
	9.15am to 10.15am	9.00am to 9.45am	9.15am to 10.15am	9.15am to 10.15am		
	<b>Reformer Semi-Private</b> with Ray at Pilates Studio 1 (Maximum of two participants)	<b>Suspend Fitness Training</b> with Piping at Yoga Studio 1 (Maximum of eight participants)	<b>Reformer Semi-Private</b> with Ray at Pilates Studio 1 (Maximum of two participants)	<b>Reformer Semi-Private</b> with Ray at Pilates Studio 1 (Maximum of two participants)		
				2.45pm to 3.45pm		
				<b>Body Weight Training Semi-Private</b> with Yuli at Pilates Studio 2 (Maximum of four participants)		
4.00pm to 5.00pm		4.00pm to 5.00pm		4.00pm to 5.00pm	4.00pm to 5.00pm	
<b>Pilates with Props</b> with Ray at Pilates Studio 2 (Maximum of 10 participants)		<b>Yin Yoga</b> with Ray at Yoga Studio (Maximum of 15 participants)		<b>Full-Body Workout</b> with Yuli at Yoga Studio (Maximum of 15 participants)	<b>Yin Yoga</b> with Martina at Yoga Studio (Maximum of 15 participants)	

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From April 29th to May 5th 2024

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
<b>Hatha Yoga</b> with Chitra at Yoga Studio (Maximum of 15 participants)	<b>Pilates Mat</b> with Ray at Yoga Studio (Maximum of 15 participants)		<b>Pilates Mat</b> with Ray at Yoga Studio (Maximum of 15 participants)	<b>Vinyasa Yoga</b> with Ray at Yoga Studio (Maximum of 15 participants)	<b>Suspend Fitness Training</b> with Piping at Yoga Studio 1 (Maximum of eight participants)	<b>Vinyasa Yoga</b> with Lauren at Yoga Studio (Maximum of 15 participants)
	9.15am to 10.15am	9.00am to 9.45am	9.15am to 10.15am	9.15am to 10.15am		
	<b>Reformer Semi-Private</b> with Ray at Pilates Studio 1 (Maximum of two participants)	<b>Suspend Fitness Training</b> with Piping at Yoga Studio 1 (Maximum of eight participants)	<b>Reformer Semi-Private</b> with Ray at Pilates Studio 1 (Maximum of two participants)	<b>Reformer Semi-Private</b> with Ray at Pilates Studio 1 (Maximum of two participants)		
				2.45pm to 3.45pm		
				<b>Body Weight Training Semi-Private</b> with Yuli at Pilates Studio 2 (Maximum of four participants)		
4.00pm to 5.00pm		4.00pm to 5.00pm		4.00pm to 5.00pm	4.00pm to 5.00pm	
<b>Pilates with Props</b> with Ray at Pilates Studio 2 (Maximum of 10 participants)		<b>Yin Yoga</b> with Chitra at Yoga Studio (Maximum of 15 participants)		<b>Full-Body Workout</b> with Yuli at Yoga Studio (Maximum of 15 participants)	<b>Yin Yoga</b> with Martina at Yoga Studio (Maximum of 15 participants)	

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# CLASS DESCRIPTIONS

## YOGA

### 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'.

### 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.

### Yin Yoga

This practice uses long pauses in restorative, passive poses to cultivate inner stillness and calm. Stretches of three to five minutes enable connective tissue to release and realign, increasing flexibility and restoring the flow of Qi within the body.

## PILATES

### Pilates with Props

Vary your Pilates practice with a range of props such as the magic circle, foam roller and ball. Experience the classic workout in a new way.

### 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.

## 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.

### Full-Body Workout

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

### Circuit Workout

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.*

### Reformer

At the start of this class, you will receive an individual analysis of your physiology to determine your state of health. A personalised reformer sequence will heighten body awareness, improve range of motion and increase flexibility.

### Bodyweight Training

Bodyweight Training are strength-training exercises that use an individual's own weight to provide resistance against gravity. Bodyweight exercises can enhance a range of bio-motor abilities including strength, power, endurance, speed, flexibility, coordination and balance.