

From 6th to 12th 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
Hatha Yoga with Chitra at Yoga Studio (Maximum of 15 participants)	Pilates Mat with Ray at Yoga Studio (Maximum of 15 participants)		Restorative Pilates with Ray at Yoga Studio (Maximum of 15 participants)	Vinyasa Yoga with Ray at Yoga Studio (Maximum of 15 participants)	Suspend Fitness Training with Piping at Yoga Studio 1 (Maximum of eight participants)	Ashtanga Yoga with Lauren at Yoga Studio (Maximum of 15 participants)
10.00am to 11.00am	9.15am to 10.15am	9.00am to 9.45am	9.15am to 10.15am	9.15am to 10.15am		
Reformer Semi-Private with Amanda at Pilates Studio 1 (Maximum of two participants)	Reformer Semi-Private with Ray at Pilates Studio 1 (Maximum of two participants)	Suspend Fitness Training with Piping at Yoga Studio 1 (Maximum of eight participants)	Reformer Semi-Private with Ray at Pilates Studio 1 (Maximum of two participants)	Reformer Semi-Private with Ray at Pilates Studio 1 (Maximum of two participants)		
11.15am to 12.15pm	10.30am to 11.30am	10.00am to 11.00am	10.30am to 11.30am	10.30am to 11.30am		
Reformer Semi-Private with Amanda at Pilates Studio 1 (Maximum of two participants)	Reformer Semi-Private with Amanda at Pilates Studio 1 (Maximum of two participants)	Reformer Semi-Private with Amanda at Pilates Studio 1 (Maximum of two participants)	Reformer Semi-Private with Amanda at Pilates Studio 1 (Maximum of two participants)	Reformer Semi-Private with Amanda at Pilates Studio 1 (Maximum of two participants)		
	11.45am to 12.45pm	11.15am to 12.15pm	11.45am to 12.45pm	11.45am to 12.45pm		
	Reformer Semi-Private with Amanda at Pilates Studio 1 (Maximum of two participants)	Reformer Semi-Private with Amanda at Pilates Studio 1 (Maximum of two participants)	Reformer Semi-Private with Amanda at Pilates Studio 1 (Maximum of two participants)	Reformer Semi-Private with Amanda at Pilates Studio 1 (Maximum of two participants)		
4.00pm to 5.00pm		4.00pm to 5.00pm		2.45pm to 3.45pm	4.00pm to 5.00pm	
Pilates with Props with Ray at Pilates Studio 2 (Maximum of 10 participants)		Yin Yoga with Chitra at Yoga Studio (Maximum of 15 participants)		Body Weight Training Semi-Private with Yuli at Pilates Studio 2 (Maximum of four participants)	Restorative Yoga with Martina at Yoga Studio (Maximum of 15 participants)	

Points to note:

- * Prices are inclusive of 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.

From May 13th to 19th 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
Hatha Yoga with Chitra at Yoga Studio (Maximum of 15 participants)	Pilates Mat with Ray at Yoga Studio (Maximum of 15 participants)		Restorative Pilates with Ray at Yoga Studio (Maximum of 15 participants)	Yogalates with Chitra at Yoga Studio (Maximum of 15 participants)	Suspend Fitness Training with Piping at Yoga Studio 1 (Maximum of eight participants)	Ashtanga Yoga with Lauren at Yoga Studio (Maximum of 15 participants)
10.00am to 11.00am	9.15am to 10.15am	9.00am to 9.45am	9.15am to 10.15am			
Reformer Semi-Private with Amanda at Pilates Studio 1 (Maximum of two participants)	Reformer Semi-Private with Ray at Pilates Studio 1 (Maximum of two participants)	Suspend Fitness Training with Piping at Yoga Studio 1 (Maximum of eight participants)	Reformer Semi-Private with Ray at Pilates Studio 1 (Maximum of two participants)			
11.15am to 12.15pm	10.30am to 11.30am	10.00am to 11.00am	10.30am to 11.30am	10.30am to 11.30am		
Reformer Semi-Private with Amanda at Pilates Studio 1 (Maximum of two participants)	Reformer Semi-Private with Amanda at Pilates Studio 1 (Maximum of two participants)	Reformer Semi-Private with Amanda at Pilates Studio 1 (Maximum of two participants)	Reformer Semi-Private with Amanda at Pilates Studio 1 (Maximum of two participants)	Reformer Semi-Private with Amanda at Pilates Studio 1 (Maximum of two participants)		
	11.45am to 12.45pm	11.15am to 12.15pm	11.45am to 12.45pm	11.45am to 12.45pm		
	Reformer Semi-Private with Amanda at Pilates Studio 1 (Maximum of two participants)	Reformer Semi-Private with Amanda at Pilates Studio 1 (Maximum of two participants)	Reformer Semi-Private with Amanda at Pilates Studio 1 (Maximum of two participants)	Reformer Semi-Private with Amanda at Pilates Studio 1 (Maximum of two participants)		
4.00pm to 5.00pm		4.00pm to 5.00pm		2.45pm to 3.45pm	4.00pm to 5.00pm	
Pilates with Props with Ray at Yoga Studio (Maximum of 10 participants)		Yin Yoga with Chitra at Yoga Studio (Maximum of 15 participants)		Body Weight Training Semi-Private with Yuli at Pilates Studio 2 (Maximum of four participants)	Restorative Yoga 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.
- * 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 May 20th to 26th 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
Hatha Yoga with Chitra at Yoga Studio (Maximum of 15 participants)	Pilates Mat with Ray at Yoga Studio (Maximum of 15 participants)		Restorative Pilates with Ray at Pilates Studio 2 (Maximum of 10 participants)	Vinyasa Yoga with Ray at Pilates Studio 2 (Maximum of 10 participants)	Circuit Fitness Training with Piping at Pilates Studio 2 (Maximum of six participants)	Ashtanga Yoga with Lauren at Pilates Studio 2 (Maximum of 10 participants)
10.00am to 11.00am	9.15am to 10.15am	9.00am to 9.45am	9.15am to 10.15am	9.15am to 10.15am		
Reformer Semi-Private with Amanda at Pilates Studio 1 (Maximum of two participants)	Reformer Semi-Private with Ray at Pilates Studio 1 (Maximum of two participants)	Suspend Fitness Training with Piping at Yoga Studio 1 (Maximum of eight participants)	Reformer Semi-Private with Ray at Pilates Studio 1 (Maximum of two participants)	Reformer Semi-Private with Ray at Pilates Studio 1 (Maximum of two participants)		
11.15am to 12.15pm	10.30am to 11.30am	10.00am to 11.00am	10.30am to 11.30am	10.30am to 11.30am		
Reformer Semi-Private with Amanda at Pilates Studio 1 (Maximum of two participants)	Reformer Semi-Private with Amanda at Pilates Studio 1 (Maximum of two participants)	Reformer Semi-Private with Amanda at Pilates Studio 1 (Maximum of two participants)	Reformer Semi-Private with Amanda at Pilates Studio 1 (Maximum of two participants)	Reformer Semi-Private with Amanda at Pilates Studio 1 (Maximum of two participants)		
	11.45am to 12.45pm	11.15am to 12.15pm	11.45am to 12.45pm	11.45am to 12.45pm		
	Reformer Semi-Private with Amanda at Pilates Studio 1 (Maximum of two participants)	Reformer Semi-Private with Amanda at Pilates Studio 1 (Maximum of two participants)	Reformer Semi-Private with Amanda at Pilates Studio 1 (Maximum of two participants)	Reformer Semi-Private with Amanda at Pilates Studio 1 (Maximum of two participants)		
4.00pm to 5.00pm		4.00pm to 5.00pm		2.45pm to 3.45pm	4.00pm to 5.00pm	
Yogalates with Lauren at Yoga Studio (Maximum of 15 participants)		Yin Yoga with Chitra at Yoga Studio (Maximum of 15 participants)		Body Weight Training Semi-Private with Yuli at Pilates Studio 2 (Maximum of four participants)	Restorative Yoga with Lauren at Yoga Studio (Maximum of 15 participants)	

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From May 27th to June 2nd 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
Hatha Yoga with Chitra at Yoga Studio (Maximum of 15 participants)	Pilates Mat with Ray at Yoga Studio (Maximum of 15 participants)		Restorative Pilates with Ray at Yoga Studio (Maximum of 15 participants)	Vinyasa Yoga with Ray at Yoga Studio (Maximum of 15 participants)	Suspend Fitness Training with Piping at Yoga Studio 1 (Maximum of eight participants)	Ashtanga Yoga 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		
	Reformer Semi-Private with Ray at Pilates Studio 1 (Maximum of two participants)	Suspend Fitness Training with Piping at Yoga Studio 1 (Maximum of eight participants)	Reformer Semi-Private with Ray at Pilates Studio 1 (Maximum of two participants)	Reformer Semi-Private with Ray at Pilates Studio 1 (Maximum of two participants)		
				2.45pm to 3.45pm		
				Body Weight Training Semi-Private 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	
Pilates with Props with Ray at Pilates Studio 2 (Maximum of 10 participants)		Yin Yoga with Chitra at Yoga Studio (Maximum of 15 participants)			Restorative Yoga 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.

Restorative Yoga

A style of yoga that encourages physical, mental, and emotional relaxation. Appropriate for all levels, restorative yoga is practiced at a slow pace, focusing on long holds, stillness, and deep breathing.

Ashtanga Yoga

An athletic and dynamic yoga form of Hatha yoga that will challenge your practice. While it is very physical practice but it also promotes mental clarity and inner peace.

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.

Restorative Pilates

A body conditioning session that works to promote your body health. The exercise will strengthen your muscles while improving your posture, flexibility and balance.

YOGALATES

Yogalates is a mixture of Yoga and Pilates. The aim is to perform exercises that tone the whole body so that alignment and body awareness is improved combine with breathing.

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.

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.