

# SCHEDULE OF ACTIVITIES AT COMO UMA CANGGU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>8.00am to 9.00am</b>	<b>8.00am to 9.00am</b>	<b>8.00am to 9.00am</b>	<b>8.00am to 9.00am</b>	<b>8.00am to 9.00am</b>	<b>8.00am to 8.45am</b>	<b>8.00am to 9.00am</b>
<b>Ashtanga Yoga ☉</b> with Citra at Yoga Studio (Maximum of 15 people)	<b>Pilates with Props</b> with Ray at Yoga Studio (Maximum of 10 people)	<b>Muay Thai Class Semi-Private</b> with Dewa at Yoga Studio (Maximum of four people)	<b>Hatha Yoga</b> with Ray at Yoga Studio (Maximum of 15 people)	<b>Pilates Mat</b> with Ray at Yoga Studio (Maximum of 10 people)	<b>Suspend Fitness Training</b> with Piping at Yoga Studio (Maximum of eight people)	<b>Vinyasa Flow Yoga</b> with Citra at Yoga Studio (Maximum of 15 people)
<b>10.30am to 11.30am</b>	<b>10.30am to 11.30am</b>	<b>9.30am to 10.15am</b>	<b>10.30am to 11.30am</b>	<b>10.30am to 11.30am</b>		
<b>Reformer Semi-Private</b> with Amanda at Pilates Studio 1 (Maximum of two people)	<b>Reformer Semi-Private</b> with Amanda at Pilates Studio 1 (Maximum of two people)	<b>Suspend Fitness Training</b> with Piping at Yoga Studio (Maximum of eight people)	<b>Reformer Semi-Private</b> with Amanda at Pilates Studio 1 (Maximum of two people)	<b>Reformer Semi-Private</b> with Amanda at Pilates Studio 1 (Maximum of two people)		
		<b>10.30am to 11.30am</b>				
		<b>Reformer Semi-Private</b> with Amanda at Pilates Studio 1 (Maximum of two people)				
<b>3.00pm to 4.00pm</b>		<b>2.45pm to 3.45pm</b>	<b>2.45pm to 3.45pm</b>	<b>2.45pm to 3.45pm</b>		<b>2.45pm to 3.45pm</b>
<b>Pilates Mat</b> with Amanda at Yoga Studio (Maximum of 10 people)		<b>Reformer Semi-Private</b> with Amanda at Pilates Studio 1 (Maximum of two people)	<b>Reformer Semi-Private</b> with Amanda at Pilates Studio 1 (Maximum of two people)	<b>Reformer Semi-Private</b> with Amanda at Pilates Studio 1 (Maximum of two people)		<b>Reformer Semi-Private</b> with Ray at Pilates Studio 1 (Maximum of two people)
	<b>4.00pm to 5.00pm</b>	<b>4.00pm to 5.00pm</b>	<b>4.00pm to 5.00pm</b>	<b>4.00pm to 5.00pm</b>	<b>4.00pm to 5.00pm</b>	<b>4.00pm to 5.00pm</b>
	<b>Yin Yoga</b> with Ray at Yoga Studio (Maximum of 15 people)	<b>Hatha Yoga</b> with Martina at Yoga Studio (Maximum of 15 people)	<b>Restorative Pilates</b> with Amanda at Yoga Studio (Maximum of 10 people)	<b>Circuit Training</b> with Yuli at Yoga Studio (Maximum of four people)	<b>Yogalates</b> with Ray at Yoga Studio (Maximum of 10 people)	<b>Qigong</b> with Ray at Yoga Studio (Maximum of 15 people)

From Dec 1st to 18th 2022

- \* 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.
- \* 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 SHAMBHALA

# SCHEDULE OF ACTIVITIES AT COMO UMA CANGGU

## CLASS DESCRIPTIONS

### YOGA

#### Vinyasa Flow

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'.

#### Ashtanga Yoga ☉

An athletic and dynamic yoga form of Hatha yoga that will challenge your practice. Despite being very physical, this style of yoga also promotes mental clarity and peace. Intermediate Level.

#### Hatha Yoga

This is well-rounded classical yoga class, 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

In Yin meditation, rather than directing your attention, you start with the intention of being gently receptive to your experience, exactly as it is, without trying to change anything one way or another.

### Yogalates

This class blends two of COMO's favorite medium: Yoga and Pilates. Explore the benefit of meditative yoga flow combined with two targeted Pilates floor work for the ultimate mind and body experience.

### PILATES

#### 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.

#### 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.

#### Pilates 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.

### QIGONG

Through the gentle flowing movement, Qigong will improve the circulation and balance of the energy within the body. The exercise also calming and teach us to connect better with our bodily energy.

### 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.

#### Muay Thai

Join with Dewa Mahendra for a Muay Thai class or known as Thai Boxing where he will challenge you with many movement including the traditional martial arts.