

# SCHEDULE OF ACTIVITIES AT COMO UMA CANGGU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				7.00am to 8.00am	7.00am to 8.00am	
				<b>Boxing Class Semi-Private</b> with Dewa at Yoga Studio (Maximum of four people)	<b>Vinyasa Flow Yoga</b> with Lauren at Yoga Studio (Maximum of 15 people)	
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	8.15am to 9.00am	8.00am to 9.00am
<b>Hatha 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>Vinyasa Flow 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>Sunrise Flow Yoga</b> with Citra at Yoga Studio (Maximum of 15 people)
10.30am to 11.30am	9.15am to 10.15am	9.30am to 10.15am	9.15am to 10.15am	10.30am to 11.30am		
<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>Suspend Fitness Training</b> with Piping at Yoga Studio (Maximum of eight people)	<b>Reformer Semi-Private</b> with Ray at Pilates Studio 1 (Maximum of two people)	<b>Reformer Semi-Private</b> with Amanda at Pilates Studio 1 (Maximum of two people)		
		10.30am to 11.30am	10.30am to 11.30am	2.45pm to 3.45pm		
		<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)		
		2.45pm to 3.45pm		2.45pm to 3.45pm		2.45pm to 3.45pm
		<b>Reformer Semi-Private</b> with Amanda at Pilates Studio 1 (Maximum of two people)		<b>Body Weight Training Semi-Private</b> with Yuli at Yoga Studio (Maximum of four people)		<b>Reformer Semi-Private</b> with Ray at Pilates Studio 1 (Maximum of two people)
3.00pm to 4.00pm	4.00pm to 5.00pm	4.00pm to 5.00pm	3.00pm to 4.00pm	4.00pm to 5.00pm	4.00pm to 5.00pm	4.00pm to 5.00pm
<b>Pilates Mat</b> with Amanda at Yoga Studio (Maximum of 10 people)	<b>Yin Yoga</b> with Ray at Yoga Studio (Maximum of 15 people)	<b>Pranayama and Meditation</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 Fitness Training</b> with Yuli at Yoga Studio (Maximum of 10 people)	<b>Yin Flow Yoga</b> with Lauren at Yoga Studio (Maximum of 15 people)	<b>Qigong</b> with Ray at Yoga Studio (Maximum of 15 people)

\* 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.

\* Classes are subject to change without prior notice.

From Mar 27th to Apr 2nd 2023



COMO SHAMBHALA

# SCHEDULE OF ACTIVITIES AT COMO UMA CANGGU

## CLASS DESCRIPTIONS

### YOGA

#### Vinyasa Flow 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

Start your day by morning class will begin with grounding stretches before moving through an energising flow to invigorate and refresh.

#### Hatha Yoga

This 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.

#### Yin Flow Yoga

Soothe your body with a healing flow, releasing stress tension and improving flexibility.

#### Pranayama and 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.

### 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. Also calming and teach us to connect better with our bodily energy.

### FITNESS

#### 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.

#### Suspend Fitness Class

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

### 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.

#### 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 biomotor abilities including strength, power, endurance, speed, flexibility, coordination and balance.

#### Boxing

Boxing Class workout sculpts your body and burns calories like nothing you've experienced before. Your trainer will lead you through explosive boxing rounds where you'll deliver jab, cross, hook and uppercut combinations, working your entire body movement.