



COMO SHAMBHALA
FITNESS CENTRE
COMO UMA CANGGU

Our COMO Shambhala Wellness Gym has all the facilities needed for an effective workout, whether it's a quiet solo session or with an experienced personal trainer. This modern space is 2,700 square foot (250 square meters), with floor-to-ceiling windows that fill the room with natural light. We have a comprehensive range of exercise machines, as well as four yoga and Pilates studios (two each) where you can stretch and unwind, or take part in one of our daily classes.



COMO SHAMBHALA MEMBERSHIP	ONE MONTH		
	Single 1,650,000	Couple 2,900,000	Single VIP 3,400,000
30 minutes massage treatment per person	1	1	1
60 minutes Private Class (up to two persons)			
Access to group classes			✓
Access to the fitness centre * With complimentary; towel, water and other refreshment	✓	✓	✓
Access to spa facilities (locker and steam room)	✓	✓	✓
Access to lagoon pool	✓	✓	✓
Access to Play by COMO above the age of 5 years old	✓	✓	✓
Eligible for membership freeze			
COMO Shambhala Treatments	10%	10%	10%
glow Restaurant, food only	20%	20%	20%
COMO Beach Club, food only	20%	20%	20%
COMO Daily Rate			
PARTNERSHIP			
Uma Cucina at COMO Uma Ubud, food only	20%	20%	20%
Pescado Restaurant, food only	10%	10%	10%

COMO SHAMBHALA MEMBERSHIP	SIX MONTHS		
	Single 7,900,000	Couple 12,850,000	Single VIP 11,500,000
30 minutes massage treatment per person	2	2	2
60 minutes Private Class (up to two persons)	1	1	1
Access to group classes			✓
Access to the fitness centre * With complimentary; towel, water and other refreshment	✓	✓	✓
Access to spa facilities (locker and steam room)	✓	✓	✓
Access to lagoon pool	✓	✓	✓
Access to Play by COMO above the age of 5 years old	✓	✓	✓
Eligible for membership freeze	✓	✓	✓
COMO Shambhala Treatments	20%	20%	20%
glow Restaurant, food only	20%	20%	20%
COMO Beach Club, food only	20%	20%	20%
COMO Daily Rate			
PARTNERSHIP			
Uma Cucina at COMO Uma Ubud, food only	20%	20%	20%
Pescado Restaurant, food only	10%	10%	10%

COMO SHAMBHALA MEMBERSHIP	THREE MONTHS		
	Single 4,200,000	Couple 7,900,000	Single VIP 5,700,000
30 minutes massage treatment per person	1	1	1
60 minutes Private Class (up to two persons)			
Access to group classes			✓
Access to the fitness centre * With complimentary; towel, water and other refreshment	✓	✓	✓
Access to spa facilities (locker and steam room)	✓	✓	✓
Access to lagoon pool	✓	✓	✓
Access to Play by COMO above the age of 5 years old	✓	✓	✓
Eligible for membership freeze			
COMO Shambhala Treatments	15%	15%	15%
glow Restaurant, food only	20%	20%	20%
COMO Beach Club, food only	20%	20%	20%
COMO Daily Rate			
PARTNERSHIP			
Uma Cucina at COMO Uma Ubud, food only	20%	20%	20%
The Slow Restaurant, food only	10%	10%	10%
Pescado Restaurant, food only	10%	10%	10%

COMO SHAMBHALA MEMBERSHIP	12 MONTHS		
	Single 13,850,000	Couple 25,700,000	Single VIP 25,500,000
30 minutes massage treatment per person	3	3	3
60 minutes Private Class (up to two persons)	2	2	3
Access to group classes			✓
Access to the fitness centre * With complimentary; towel, water and other refreshment	✓	✓	✓
Access to spa facilities (locker and steam room)	✓	✓	✓
Access to lagoon pool	✓	✓	✓
Access to Play by COMO above the age of 5 years old	✓	✓	✓
Eligible for membership freeze	✓	✓	✓
COMO Shambhala Treatments	20%	20%	20%
glow Restaurant, food only	20%	20%	20%
COMO Beach Club, food only	20%	20%	20%
COMO Daily Rate			20%
PARTNERSHIP			
Uma Cucina at COMO Uma Ubud, food only	20%	20%	20%
Pescado Restaurant, food only	10%	10%	10%

SINGLE ENTRY	
Personal Trainer 60 minutes	800,000
Private Pilates 60 minutes	800,000
Private Yoga 60 minutes	700,000
Fitness Centre day pass	250,000
Group class 60 minutes	125,000
Semi-private class 60 minutes	500,000
Private Pilates and Personal Trainer	800,000
Additional person for private class	150,000
Supplement for external personal trainer	250,000

CLASS SERIES 60 MINUTES		
PRIVATE PILATES AND PERSONAL TEACHER	Single	Couple
5 classes	3,750,000	4,500,000
10 classes	7,000,000	8,500,000
PRIVATE YOGA CLASS		
5 classes	3,250,000	4,000,000
10 classes	6,000,000	7,500,000
SEMI-PRIVATE CLASS		
5 classes	2,375,000	
10 classes	4,500,000	
GROUP CLASS		
5 classes	575,000	
10 classes	1,000,000	

WEEKLY ACCESS	1 week	2 week
Fitness Centre	600,000	1,100,000
Group Class	600,000	1,100,000

Prices are in Indonesian Rupiah and subject to a 10 per cent service charge and 11 per cent government tax

Fitness Equipment

- Four Life Fitness treadmills with wireless connectivity
- Two Life Fitness hybrid cross trainers with wireless connectivity
- Octane Fitness LateralX
- Life Fitness hybrid recumbent bike
- Life Fitness hybrid upright bike
- Life Fitness optima multi press
- Life Fitness latissimus pull / low row
- Life Fitness optima pec fly / rear deltoid
- Life Fitness optima leg extension / curl
- Life Fitness optima hip and abdomen / adduction
- Life Fitness cable motion dual adjustment pulley
- Life Fitness free weights and dumbbells
- Torque monkey bar
- Torque fitness tank
- Slam balls and kettlebells
- Medicine balls
- Olympic barbell and rubber bumper plate
- Benches
- Stretch mats and yoga mats
- Battling ropes
- Speed skipping ropes
- Fitness and Bosu balls
- TRX
- Individual entertainment system with Television and Bluetooth connectivity
- Disposable headsets available upon request

Terms and conditions

- Opening hours are from 6.00am to 9.00pm
- Memberships are subjected to approval from the property.
- Membership application form will require a copy of the photo identification to be valid for approval.
- COMO Shambhala hold the rights to decline or withdraw the Membership at any point of the membership duration.
- Membership is valid on an individual basis and it is non-transferrable.
- Membership fee must be paid at full price up front.
- The validity six and 12 months Membership may be extended in case of prolonged sickness or long-term travel for a minimum of one month maximum of three months in total.
- If a member deliberately or due to their negligence has damaged any Fitness Centre equipment, the member will be charged the repair or replacement of the damaged property.
- Cancellation of the Membership is subject to fee equal to 15 per cent of the total membership fee. Refund of the balance, if any, will be made after the deduction of fee during the utilisation period.
- Advance booking is required for any complimentary treatment, group class or private session to avoid disappointment. Cancellation policy applies for any pre-booked services.
- COMO Shambhala Kitchen is available at Beach Club and glow Juice Bar. Transaction to be paid in one bill under member's name.
- Play by COMO access is for children age from four to twelve years old at complimentary for one hour. Additional hour is at IDR100,000 plus 21 per cent government tax and service charge.
- COMO Room Daily rate is applicable for COMO Uma Canggu only and subject to the availability. Room reservation is valid for the member accommodation only (one room for the member only). Pre-payment may be required and details of room booking's terms and conditions will be advised upon confirmation.



COMO
SHAMBHALA
UMA CANGGU

Contact

To make an appointment, please contact:

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