

SCHEDULE OF DAILY ACTIVITIES

From December 1st 2025 to December 21st 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00am to 9.00am	8.00am to 9.00am	8.00am to 8.45am	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)	Core and Restore with Chitra at Yoga Studio (Maximum of 15 participants)	Suspend Fitness Training with Piping at Yoga Studio 1 (Maximum of eight participants)	Pilates Mat with Julie at Yoga Studio (Maximum of 15 participants)	Ashtanga Yoga with Ari at Yoga Studio (Maximum of 15 participants)	HIIT with Piping at Yoga Studio 1 (Maximum of 10 participants)	Vinyasa Yoga with Ari at Yoga Studio (Maximum of 15 participants)
4.00pm to 5.00pm		4.00pm to 5.00pm		4.00pm to 4.45pm		
Pilates with Props with Julie at Pilates Studio 2 (Maximum of 10 participants)		Yin Yoga with Chitra at Yoga Studio (Maximum of 15 participants)		Suspend Fitness Training with Piping at Yoga Studio 1 (Maximum of eight participants)		

- * Prices are subject to 21 per cent service charge and government tax
- * Group classes are priced at IDR 160,000 per person for non-staying guests
- * COMO guests are entitled to one complimentary group class per day
- * 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

COMO UMA CANGGU

SCHEDULE OF DAILY ACTIVITIES



From December 22nd 2025 to December 28th 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00am to 9.00am	8.00am to 9.00am	8.00am to 8.45am	8.00am to 9.00am	8.00am to 9.00am	7.00am to 8.00am	9.00am to 10.00am
Hatha Yoga with Chitra at Yoga Studio (Maximum of 15 participants)	Core and Restore with Putu at Yoga Studio (Maximum of 15 participants)	Suspend Fitness Training with Piping at Yoga Studio 1 (Maximum of eight participants)	Sunrise Pilates with Putu at Yoga Studio (Maximum of 15 participants)	Boxing Class with Wahyu at Yoga Studio (Maximum of 10 participants)	Qi Gong with Wirati at CBC Lawn 🌳 (Maximum of 15 Participants)	Beginner Yoga Workshop with Monica at Yoga Studio (Maximum of 15 participants)
				4.00pm to 5.00pm	9.00am to 10.00am	
				Family Stretching With Chitra at Yoga Studi (Maximum of 15 participants)	Beginner Pilates Workshop with Monica at Yoga Studio (Maximum of 15 participants)	
4.00pm to 5.00pm	4.00pm to 5.00pm	4.00pm to 5.00pm	4.00pm to 5.00pm	5.00pm to 6.00pm	4.00pm to 5.00pm	4.00pm to 5.00pm
Pilates with Props with Julie at Pilates Studio 2 (Maximum of 10 participants)	Tai Chi with Wirati at Yoga Studio (Maximum of 15 participants)	Family Booth Camp with Yuliana at Yoga Studio (Maximum of 12 participants)	Yin Yoga with Marcus at Yoga Studio (Maximum of 15 participants)	Lower Body Workout With Yuliana at Pilates Studi 2 (Maximum of 10 participants)	Vinyasa Yoga with Ari at Yoga Studio (Maximum of 15 participants)	Tai Chi with Wirati at Yoga Studio (Maximum of 15 participants)

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- * 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

COMO UMA CANGGU

SCHEDULE OF DAILY ACTIVITIES



From December 29th 2025 to January 4th 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00am to 9.00am	8.00am to 9.00am	8.00am to 8.45am	8.00am to 9.00am	8.00am to 9.00am	8.00am to 8.45am	8.00am to 9.00am
Core Strength Training with Yuliana at Yoga Studio (Maximum of 15 participants)	Pilates Mat with Putu at Yoga Studio (Maximum of 15 participants)	Suspend Fitness Training with Piping at Yoga Studio 1 (Maximum of eight participants)	Vinyasa Yoga with Ari at Yoga Studio (Maximum of 15 participants)	Ashtanga Yoga with Ari at Yoga Studio (Maximum of 15 participants)	HIIT with Piping at Yoga Studio 1 (Maximum of 10 participants)	Vinyasa Yoga with Ari at Yoga Studio (Maximum of 15 participants)
		10.00am to 10.45am				
		Family Booth Camp with Piping at Yoga Studio (Maximum of 12 participants)				
4.00pm to 5.00pm	4.00pm to 5.00pm	4.00pm to 5.00pm	4.00pm to 5.00pm	4.00pm to 4.45pm		
Gratitude Pranayama and Meditation with Marcus at Yoga Studio (Maximum of 15 participants)	Yin Yoga with Marcus at Yoga Studio (Maximum of 15 participants)	Circuit Training with Yuliana at Yoga Studio (Maximum of 10 participants)	Qi Gong With Wirati at Yoga Studio (Maximum of 15 participants)	Suspend Fitness Training with Piping at Yoga Studio 1 (Maximum of eight participants)		

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- * 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
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YOGA

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.

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'.

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.

Ashtanga Yoga

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

Core and Restore

A dynamic group session combining energizing yoga-inspired cardio movements with targeted core strengthening, followed by restorative stretches to leave you balanced and refreshed.

YOGA

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.

Beginner Yoga

Consisting of variety of postures suitable for all abilities. Begin with breath awareness, before moving through a varied sequence of traditional standing poses, forward bends, back bends, and twists. We finish with a well-deserved savasana, lying on your back as you relax.

Tai Chi

Is a ancient Chinese traditional that has evolved over centuries to alleviate stress and anxiety. A form of meditation in motion. Loosen your stiff muscles and learn to flow with gentle, coordinated and integrated movements that bring serenity and inner peace within each motion. Beginners are most welcome

Qi Gong

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.

PILATES

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.

Beginner Pilates

A welcoming class that covers essential Pilates mat techniques with clear guidance and a steady pace. Use simple props to improve alignment, stability, and body awareness.

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.

HIIT

This high-intensity workout alternates between powerful bursts of exercise and active recovery periods to maximize calorie burn and build endurance through dynamic, full-body movements that boost strength, stamina, and metabolism.

Lower Body Workout

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

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.

FITNESS

Family Booth Camp

Full-body workout suitable for adults and kids. Expect easy-to-follow drills, partner moves, and upbeat activities that build strength and connection. Perfect for families looking for an enjoyable, approachable fitness experience.

Boxing

A lively class blending basic strikes, rhythmic movement, and beginner-friendly combos. Great for boosting energy, improving coordination, and releasing stress—no experience needed.

Core Strength Training

Guide core workout focused on building stability and strength through simple, effective movements. This exercise can be easily adjusted for beginners.