

SCHEDULE OF ACTIVITIES AT COMO UMA CANGGU

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)		Vinyasa Yoga with Ray at Yoga Studio (Maximum of 15 participants)	Pilates with Props with Ray at Pilates Studio 2 (Maximum of 10 participants)	Suspend Fitness Training with Piping at Yoga Studio 1 (Maximum of eight participants)	Vinyasa 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)		
	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)		
	11.45am to 12.45pm	11.15am to 12.15pm	11.45am to 12.45pm	2.45pm to 3.45pm		
	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)	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	4.00pm to 5.00pm	
Restorative Pilates with Ray at Yoga Studio (Maximum of 15 participants)		Yin Yoga with Chitra at Yoga Studio (Maximum of 15 participants)		Full-Body Workout with Yuli at Yoga Studio (Maximum of 15 participants)	Yin Yoga with Martina at Yoga Studio (Maximum of 15 participants)	

- * Prices are included to 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 March 4th to 10th 2024



SCHEDULE OF ACTIVITIES AT COMO UMA CANGGU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00am to 8.00am	7.00am to 8.00am		8.00am to 9.00am	8.00am to 9.00am	8.00am to 8.45am	8.00am to 9.00am
Energizing Qigong ☯ with Peter Caughey at CBC Lawn (Maximum of 15 participants)	Energizing Qigong with Peter Caughey at Yoga Studio (Maximum of 15 participants)		Vinyasa Yoga with Ray at Yoga Studio (Maximum of 15 participants)	Pilates with Props with Ray at Pilates Studio 2 (Maximum of 10 participants)	Suspend Fitness Training with Piping at Yoga Studio 1 (Maximum of eight participants)	Vinyasa Yoga with Lauren at Yoga Studio (Maximum of 15 participants)
		9.00am to 9.45am	9.15am to 10.15am	9.15am to 10.15am		
		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)		
	10.00am to 11.00am	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)		
11.00am to 12.00pm	11.15am to 12.15pm	11.15am to 12.15pm	11.45am to 12.45pm	2.45pm to 3.45pm		
Sound Journey with Josephine Costain at Yoga Studio (Maximum of 15 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)	Body Weight Training Semi-Private with Yuli at Pilates Studio 2 (Maximum of four participants)		
5.00pm to 6.00pm		4.00pm to 5.00pm		4.00pm to 5.00pm	4.00pm to 5.00pm	
Relaxing Qigong with Peter Caughey at Yoga Studio (Maximum of 15 participants)		Yin Yoga with Chitra at Yoga Studio (Maximum of 15 participants)		Full-Body Workout with Yuli at Yoga Studio (Maximum of 15 participants)	Yin 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 March 11th to 17th 2024



SCHEDULE OF ACTIVITIES AT COMO UMA CANGGU

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)		Vinyasa Yoga with Ray at Yoga Studio (Maximum of 15 participants)	Pilates with Props with Ray at Pilates Studio 2 (Maximum of 10 participants)	Suspend Fitness Training with Piping at Yoga Studio 1 (Maximum of eight participants)	Vinyasa 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)		
10.30am to 11.30am	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	11.45am to 12.45pm	11.15am to 12.15pm	11.45am to 12.45pm	2.45pm to 3.45pm		
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)	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	4.00pm to 5.00pm	
Restorative Pilates with Ray at Yoga Studio (Maximum of 15 participants)		Yin Yoga with Chitra at Yoga Studio (Maximum of 15 participants)		Full-Body Workout with Yuli at Yoga Studio (Maximum of 15 participants)	Yin Yoga with Martina at Yoga Studio (Maximum of 15 participants)	

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From March 18th to 24th 2024



SCHEDULE OF ACTIVITIES AT COMO UMA CANGGU

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)		Vinyasa Yoga with Ray at Yoga Studio (Maximum of 15 participants)	Pilates with Props with Ray at Pilates Studio 2 (Maximum of 10 participants)	Suspend Fitness Training with Piping at Yoga Studio 1 (Maximum of eight participants)	Vinyasa 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	4.00pm to 5.00pm	
Restorative Pilates with Ray at Yoga Studio (Maximum of 15 participants)		Yin Yoga with Chitra at Yoga Studio (Maximum of 15 participants)		Full-Body Workout with Yuli at Yoga Studio (Maximum of 15 participants)	Yin Yoga with Martina at Yoga Studio (Maximum of 15 participants)	

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From March 25th to 31st 2024



CLASS DESCRIPTIONS

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.

Sound Therapy

Experience a 60-minute session of deep healing through the powerful sound and vibration emitted by Singing Bowls. You will be into Theta brainwaves state, this is the state between awake and asleep and is related to your subconscious mind. And eventually, you’ll be into deep relaxation and inner peace. The sound and vibration will significantly reduce anxiety, tension, and stress, and also cleanse and balance the Chakra the energy.

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 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.

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.

Full-Body Workout

Is Exercise uses a variety of muscle groups in a person's body, these exercises typically work across the upper body, lower body, and core.

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.

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 which can enhance a range of biomotor abilities including strength, power, endurance, speed, flexibility, coordination and balance.