

SCHEDULE OF DAILY ACTIVITIES



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 9.00am	8.00am to 9.00am	6:30am to 7:15am
Ashtanga Intermediate level ♥ Yoga Pavilion	Mat Pilates ♥ Yoga Pavilion	Vinyasa Intermediate level ♥ Yoga Pavilion	Suryanamaskar ♥ Yoga Pavilion	Breathe and Flow ♥ Yoga Pavilion	Mat Pilates ♥ Yoga Pavilion	Sunrise Yoga ♥ Sandbank
	11.00am to 12.00pm	11.00am to 12.00pm	11.00am to 12.00pm	10.00am to 11.00am	11.00am to 12.00pm	11.00am to 12.00pm
	Hydrotherapy Circuit US\$130 per couple Advance booking required Hydrotherapy Pool	Reformer Pilates Complimentary 15 minute fundamental exercise sample Advance booking required Once per person per stay Pilates Studio	Family Yoga US\$165 per family (2 adults, 2 kids) Advance booking required Yoga Pavilion	COMO Shambhala Hour Enjoy a 15 minute neck and shoulders massage Advanced booking required. COMO Shambhala Reception	Aqua Yoga US\$155 per person Advance booking required Hydrotherapy Pool	Pilates Rehabilitation US\$175 per person Advance booking required Pilates Studio
3.00pm to 4.00pm	3.00pm to 3.30pm	5.30pm to 6.15pm	3.00pm to 4.00pm		3.00pm to 4.00pm	3.00pm to 4.00pm
Hatha Yoga ○ Yoga Pavilion	Meditation ○ Yoga Pavilion	Sunset Yoga ○ Sandbank	Hatha Yoga ○ Yoga Pavilion		Restorative Yoga ○ Yoga Pavilion	Manual Stretching ○ Yoga Pavilion

♥ Active ○ Gentle ☀ Weather permitting outdoor activities

POINTS TO NOTE

- All prices are subject to 10 per cent service charge and prevailing government taxes.
- Most activities require advanced booking. Cancellation fees may apply for activities canceled with short notice.

For more details, please contact our COMO Shambhala Team, on extension 2.