



THE RITZ - CARLTON

BALI

YOGA SCHEDULE

DAY	TIME	ACTIVITY	VENUE
MONDAY	07:00 – 07:45	MORNING MEDITATION	CHAPEL LAWN
TUESDAY	07:00 – 08:00	VINYASA YOGA	CHAPEL LAWN
	09:00 – 10:00	BASIC PILATES	YOGA STUDIO
WEDNESDAY	07:00 – 08:00	SUNRISE YOGA	CHAPEL LAWN
	11:30 – 12:00	FLY HIGH YOGA*	YOGA STUDIO
THURSDAY	07:00 – 07:45	MORNING MEDITATION	CHAPEL LAWN
	09:00 – 10:00	STRECHING	YOGA STUDIO
FRIDAY	10:00 – 10:45	AQUA YOGA	MAIN POOL
SATURDAY	07:00 – 08:00	YIN YOGA	CHAPEL LAWN
	09:00 – 10:00	BASIC PILATES	YOGA STUDIO
	07:00 – 08:00	AERIAL YOGA	YOGA STUDIO
SUNDAY	07:00 – 08:00	FUN CARDIO	YOGA STUDIO
	09:00 – 10:00	FUN CARDIO	YOGA STUDIO

*Reservation is required one day in advance with additional fee at IDR 200,000 and subject to 11% Government Tax and 10% Service Charge
Private Yoga session can be arranged at additional charge

ACTIVITIES