



THE RITZ - CARLTON

BALI

YOGA SCHEDULE

DAY	TIME	ACTIVITY	VENUE
MONDAY	07:00 – 08:00	VINYASA YOGA	CHAPEL LAWN
TUESDAY	07:00 – 08:00	MORNING FLOW MEDITATION	CHAPEL LAWN
	10:00 – 11:00	BASIC PILATES	YOGA STUDIO
	18:00 – 19:00	FLY HIGH YOGA*	YOGA STUDIO
WEDNESDAY	08:30 – 09:30	YIN YOGA	YOGA STUDIO
	15:30 – 16:15	AQUA YOGA	MAIN POOL
THURSDAY	07:00 – 07:45	MORNING FLOW MEDITATION	CHAPEL LAWN
	10:00 – 10:45	STRETCHING CLASS	YOGA STUDIO
SATURDAY	10:00 – 11:00	BASIC PILATES	YOGA STUDIO
	17:00 – 18:00	FLY HIGH YOGA*	YOGA STUDIO
SUNDAY	10:00 – 10:45	AQUA YOGA	MAIN POOL
	17.00 – 18.00	AERIAL YOGA*	YOGA STUDIO

ACTIVITIES

*RESERVATION IS REQUIRED ONE DAY IN ADVANCE WITH ADDITIONAL FEE AT IDR 500,000 AND SUBJECT TO 11% GOVERNMENT TAX AND 10% SERVICE CHARGE
PRIVATE YOGA SESSION CAN BE ARRANGED AT ADDITIONAL CHARGE