



THE RITZ-CARLTON

BALI

RESORT ACTIVITY SCHEDULE

MONDAY	07.00 - 08.00	Vinyasa Yoga	Chapel Lawn
	09.00 - 10.00	Power Walk	Resort Jogging Trail
	10.00 - 11.00	Stretching Class	Yoga Studio
	14.30 - 15.30	Surf Initiation	Beach
	16.00 - 17.00	Sushi Making Class*	Raku
	17.00 - 18.00	Sunset Meditation	Beach
	17.30 - 18.00	Beach Soccer	Beach
	18.00 - 19.00	The Art of Balinese weaving	Spa Lobby / Temple
	18.00 - 20.00	Family Cinema	Raku Lounge
TUESDAY	07.00 - 08.00	Kapha Yoga	Chapel Lawn
	08.00 - 09.00	Indonesia Language Class	Senses Gazebo
	10.00 - 11.00	Basic Pilates	Yoga Studio
	14.30 - 15.30	Surf Initiation	Beach
	16.00 - 16.30	Mocktail Class	RC Lounge & Bar
	16.45 - 17.15	Introduction to Rindik	Hotel Lobby
	17.30 - 18.00	Kite Runner	Beach
	18.00 - 19.00	Fly High Yoga**	Yoga Studio
	19.30 - 21.00	Cinema Under The Stars	Breezes
WEDNESDAY	07.00 - 08.00	Resort Boot Camp	Beach
	08.00 - 09.00	Yin Yoga	Yoga Studio
	09.00 - 10.00	Resort Temple Tour	Spa Lobby
	10.00 - 11.00	Balinese Dance	Yoga Studio
	14.30 - 15.30	Surf Initiation	Beach
	16.00 - 16.30	Cocktail Class	Raku
	16.00 - 16.45	Aqua Yoga	Hydro-Vital Pool
	17.30 - 18.00	Little Fisherman	Beach
	18.00 - 19.00	Stretching Class	Yoga Studio
18.00 - 19.00	Bon Fire	Breezes	
THURSDAY	07.00 - 08.00	Hatha Yoga	Chapel Lawn
	09.00 - 10.00	Basic Pilates	Yoga Studio
	10.00 - 11.00	Aerobic Class	Yoga Studio
	14.30 - 15.30	Surf Initiation	Beach
	15.00 - 16.00	Cooking Class*	Bejana
	16.00 - 16.30	Latte Class	Raku
	17.30 - 18.00	Sand Castle Contest	Beach
	18.00 - 19.00	Fly High Yoga**	Yoga Studio
	FRIDAY	07.00 - 08.00	Power Yoga
09.00 - 10.00		Indonesian Language Class	Senses Gazebo
10.00 - 11.00		Fun Cardio	Yoga Studio
14.30 - 15.30		Surf Initiation	Beach
16.00 - 17.00		Sushi Making Class*	Raku
16.45 - 17.15		Resort Temple Tour	Spa Lobby
17.00 - 18.00		Sunset Meditation	Beach
17.30 - 18.00		Kite Runner	Beach
18.00 - 19.00		Bon Fire	Breezes
19.30 - 21.00	Cinema Under The Star	Breezes	
SATURDAY	07.00 - 08.00	Hatha Yoga	Chapel Lawn
	09.00 - 10.00	Power Walk	Resort Jogging Trail
	10.00 - 11.00	Stretching Class	Yoga Studio
	14.30 - 15.30	Surf Initiation	Beach
	16.00 - 16.30	Mocktail Class	Raku
	16.45 - 17.30	Introduction to Rindik	Hotel Lobby
	17.00 - 18.00	Sunset Yoga	Chapel Lawn
	17.30 - 18.00	Golf Fun Tournament	Ritz Kids
	18.00 - 19.00	The Art of Balinese Weaving	Spa Lobby / Temple
18.00 - 20.00	Teen Movies	Raku Lounge	
SUNDAY	07.00 - 08.00	Morning Flow Meditation	Chapel Lawn
	09.00 - 10.00	Balinese Dance	Yoga Studio
	10.00 - 10.45	Aqua Yoga	Hydro-Vital Pool
	14.30 - 15.30	Surf Initiation	Beach
	16.00 - 16.30	Cocktail Class	Raku
	16.00 - 17.00	Basic Pilates	Yoga Studio
	17.30 - 18.00	Family Beach Games	Beach
	18.00 - 19.00	Fly High Yoga**	Yoga Studio
	18.00 - 19.00	Bon Fire	Breezes

*Reservation is required one day in advance before 5.00 pm at The Ritz-Carlton Spa (Extension 3599) limited space available; **reservation is required one day in advance with additional fee at IDR 100,000; venues can be change any time, please contact our spa for more information.

ACTIVITIES