

W BALI PRESENTS

FIT & FABULOUS

GET READY TO BE FIT. BUILD YOUR FITNESS LEVEL WITH DIFFERENT TYPES OF EXERCISES INCLUDING PRIVATE YOGA CLASS! THESE HIGH-INTENSITY CLASSES ARE A GREAT FULL BODY WORKOUT, INCORPORATING RANGE OF ATHLETIC DRILLS AND PEACEFUL MINDS.

CREATE YOUR OWN PACKAGE

IDR 500,000 NET / PERSON (1 HOUR 15 MINUTES)

Working one on one allows you to tailor your workout for your specific goals, whether they'd be weight loss, increased fitness and energy, increased strength and muscle tone, or all of the above.

OUTDOOR CIRCUIT TRAINING

IDR 500,000 NET / PERSON (60 MINUTES)

This circuit combines strength-training and cardio so you torch major calories while you tone and will challenge your entire body, blasting away body fat and building lean muscle by challenging all the major muscle groups.

FIGHTING FIT

IDR 500,000 NET / PERSON (60 MINUTES)

This high-intensity class will physically prepare you for whatever punches life throws your way. A cardiovascular workout consisting of jabs, hooks, uppercuts and kicks designed to get you on your way to a leaner body.

RETREAT PACKAGE (1 HOUR 15 MINUTES PER SESSION)

- 4 days training at IDR 1.500.000 net / person
- 3 days training at IDR 1.200.000 net / person
- 2 days training at IDR 850.000 net / person

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