

An aerial photograph of a tropical resort. In the foreground, a large, rectangular swimming pool with clear blue water is surrounded by lush greenery and palm trees. To the right of the pool, there's a modern white temple structure with a distinctive, curved, shell-like roof. The temple is situated on a sandy beach that meets the turquoise ocean. The background shows more palm trees and resort buildings, all nestled in a dense tropical forest. The overall scene is bright and sunny, with vibrant colors.

Resort Activities

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Monday	07.00 - 08.00	Vinyasa Yoga	Chapel Lawn	Friday	07.00 - 08.00	Beach Jogging	Main Beach
	09.00 - 10.00	Basic Pilates	Yoga Studio		(Meet in front of the Chapel)		
	11.30 - 12.30	Juru Pencar	Main Lobby		09.00 - 10.00	Stretching Class	Yoga Studio
		Demonstration			11.30 - 12.30	Jamu Making	Main Lobby
	14.00 - 15.00	Aerial Yoga**	Yoga Studio		14.00 - 15.00	Surf Initiation	Surfing Corner
	15.00 - 16.00	Kwangen Making	Main Pool Lawn		15.00 - 16.00	Resort Temple Tour	Meet at the Fitness Center
	16.00 - 17.00	Dadar Gulung Making	The Beach Grill		16.00 - 17.00	Balinese Cooking Class	Bejana Restaurant
	17.00 - 18.00	Beach Soccer	Main Beach		17.00 - 18.00	Volley Ball	Main Beach
	18.00 - 19.00	Beach Bonfire	Main Beach		18.00 - 19.00	Beach Bonfire	Main Beach
Tuesday	07.00 - 08.00	Sandy Stretching	Main Beach	Saturday	07.00 - 08.00	Power Yoga	Chapel Lawn
			(Meet in front of the Chapel)		09.00 - 10.00	Fun Cardio	Yoga Studio
	09.00 - 10.00	Fun Cardio	Yoga Studio		11.30 - 12.30	Cane/Flower Gebogan	Main Lobby
	11.30 - 12.30	Traditional Balinese Hat	Main Lobby			Demonstration	
		Demonstration			14.00 - 15.00	Aerial Yoga**	Yoga Studio
	14.00 - 15.00	Surf Initiation	Surfing Corner		15.00 - 16.00	Making Klangsah	Main Pool Lawn
	15.00 - 16.00	Mejejaitan	Main Pool Lawn		16.00 - 17.00	Cocktail Class	Bejana Restaurant
	16.00 - 17.00	Coffee Art	The Ritz-Carlton Lounge & Bar		18.00 - 19.00	Beach Bonfire	Main Beach
	17.00 - 18.00	Meditation	Chapel Lawn				
18.00 - 19.00	Beach Bonfire	Main Beach					
Wednesday	07.00 - 08.00	Zen yoga	Chapel Lawn	Sunday	07.00 - 08.00	Hatha Yoga	Chapel Lawn
	09.00 - 10.00	Basic pilates	Yoga Studio		09.00 - 10.00	Basic Pilates	Yoga Studio
	11.30 - 12.30	Ketupat Demonstration	Main Lobby		11.30 - 12.30	Sanskrit	Main Lobby
	14.00 - 15.00	Fly High Yoga**	Yoga Studio		14.00 - 15.00	Fly High Yoga**	Yoga Studio
	15.00 - 16.00	Ngulat Klakat	Main Pool Lawn		15.00 - 16.00	Making Tulang Lindung	Main Pool Lawn
	16.00 - 17.00	Dadar Gulung Making	The Beach Grill		16.00 - 17.00	Mocktail Class	Bejana Restaurant
	17.00 - 18.00	Volley Ball	Main Beach		18.00 - 19.00	Beach Bonfire	Main Beach
	18.00 - 19.00	Beach Bonfire	Main Beach				
	Thursday	07.00 - 08.00	Power Walk		Meet at The Fitness Center	To join any of the resort activities, reservation is required 24 hour in advance. Please call Ext 0 from your in-room telephone **With charge IDR 500.000 nett per person (maximum 5 participants per class) All activities are subject to change without prior notice. For more information, please contact rc.dpssw.spa@ritzcarlton.com <i>Connect with us on Social media!</i>  @ritzcarltonball  The Ritz-Carlton, Bali	
09.00 - 10.00		Aqua Stretching	Main Pool				
11.30 - 12.30		Tamiang Demonstration	Main Lobby				
14.00 - 15.00		Surf Initiation	Surfing Corner				
15.00 - 16.00		Balinese Dance Lesson	Main Pool Lawn				
		with The Local					
16.00 - 17.00		Coffee Art	The Ritz-Carlton				
			Lounge & Bar				
17.00 - 18.00		Beach Soccer	Main Beach				
18.00 - 19.00	Beach Bonfire	Main Beach					