



Resort Activities

Morning ritual starts with placing offerings at the Resort Temple as well as at the shrines around the resort to show our gratitude to the God and the nature

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		09.00 - 10.00	Stretching Class	Yoga Studio
	11.30 - 12.30	Juru Pencar Demonstration	Main Lobby		11.30 - 12.30	Jamu Tasting	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 (Meet in front of the Chapel)	Saturday	07.00 - 08.00	Power Yoga	Chapel Lawn
	09.00 - 10.00	Fun Cardio	Yoga Studio		09.00 - 10.00	Fun Cardio	Yoga Studio
	11.30 - 12.30	Traditional Balinese Hat Demonstration	Main Lobby		11.30 - 12.30	Cane/Flower Gebogan Demonstration	Main Lobby
	14.00 - 15.00	Surf Initiation	Surfing Corner		14.00 - 15.00	Aerial Yoga**	Yoga Studio
	15.00 - 16.00	Mejejaitan	Main Pool Lawn		15.00 - 16.00	Making Klangsah	Main Pool Lawn
	16.00 - 17.00	Coffee Art	The Ritz-Carlton Lounge & Bar		16.00 - 17.00	Cocktail Class	Bejana Restaurant
	17.00 - 18.00	Meditation	Chapel Lawn		18.00 - 19.00	Beach Bonfire	Main Beach
	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	<p>To join any of the resort activities, reservation is required 24 hour in advance. Please call Ext 0 from your in-room telephone</p> <p>**With charge IDR 500.000 nett per person (maximum 5 participants per class)</p> <p>All activities are subject to change without prior notice. For more information, please contact rc.dpssw.spa@ritzcarlton.com</p> <p><i>Connect with us on Social media!</i></p>			
	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 with The Local	Main Pool Lawn				
	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				