

OUTDOOR ACTIVITIES | 12 years old and above

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6AM - 8.30AM	Morning Fun Cycling (17 years old and above)						
8AM	Yoga Class (Beginner)	Yoga Class (All Level)	Yoga Class (Beginner)	Yoga Class (All Level)	Yoga Class (Beginner)	Yoga Class (All Level)	Yoga Class (Beginner)
10AM - 12PM	Archery Class at Green Field (maximum of one hour session)						
10AM - 12PM	Golf Beginner Lesson (maximum of one hour session)						
11.30AM - 12PM	Painting Lesson and Wood Carving Lesson						
11AM - 12PM	Water Soccer	Water Aerobic	Water Polo	Water Aerobic	Water Basket	Water Aerobic	Dart Contest
3PM - 3.30PM	Water Splash Contest (Kids)	Running on Water (Kids)	Treasure Hunt (Kids)	Collecting Balls	Swimming Race (Kids)	Running on Water (Kids)	Collecting Balls
3.30PM - 4PM	Water Splash Contest (Adult)	Running on Water (Adult)	Swimming Race (Adult)	Bingo Game	Water Volley	Running on Water (Adult)	Bingo Games
4PM	Archery Class at Green Field						
5PM	Yoga Class (Yin & Yang)			Yoga Class (Vinyasa Flow)			

Personal Trainer is available upon request at IDR 200,000 nett/ hour/ person

Reservation for Fun Cycling, Yoga Class, Archery Class, Golf Lesson and Personal Trainer is needed in advance