







The Apurva
Kempinski

BALI

WELLNESS & RECREATION ACTIVITIES

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 08:00	 Vinyasa Yoga at the lower deck	 Hatha Yoga at the lower deck	 Restorative Yoga Meditation at the lower deck	 Stretching Class at the lower deck	 Vinyasa Yoga at the lower deck	 Hatha Yoga at the lower deck	 Restorative Yoga at the lower deck
11:00 - 12:00	 Anti-Gravity Yoga at the Gym Studio IDR 350.000 nett	 Pilates at the Gym Studio	 Anti-Gravity Yoga at the Gym Studio IDR 350.000 nett	 Circuit Class at the Gym Studio	 Power Yoga IDR 250.000 nett at Gym Studio	 Pilates at the Gym Studio	 Power Yoga IDR 250.000 nett at Gym Studio
11:00 - 11:30	 Aquarobics at the Play Pool	 Water Polo Games at the Play Pool	 Water Volley at the Play Pool	 Fun Water Exercise at the Play Pool	 Aquarobics at the Play Pool	 Water Polo Games at the Play Pool	 Water Volley at the Play Pool
17.00 - 18.00	 Sound Meditation with Suwuk Healing Wisdom IDR 350.000 nett at the Apurva Spa	 Lulur Mangir Making IDR 200.000 nett at the Apurva Spa	 Sound Meditation with Suwuk Healing Wisdom IDR 350.000 nett at the Apurva Spa	 Lulur Mangir Making IDR 200.000 nett at the Apurva Spa	 Sound Meditation with Suwuk Healing Wisdom IDR 350.000 nett at the Apurva Spa	 Lulur Mangir Making IDR 200.000 nett at the Apurva Spa	 Sound Meditation with Suwuk Healing Wisdom IDR 350.000 nett at the Apurva Spa
17:00 - 18:00	 Beach Volleyball at the beach	 Resort Becak Tour at the Play Pool Counter	 Ocean Golf * at the beach	 Beach Volleyball at the beach	 Resort Becak Tour at the Play Pool Counter	 Ocean Golf * at the beach	 Beach Soccer at the beach

- A One-day In advance reservation is required at the Apurva Spa #8552 or +62 811 3821 5341
- During unconditional weather, yoga will move to gym studio
- For beach activity please find our Recreation Team at the Pool Towel Counter
- *Ocean golf are charged from IDR 200.000++ to IDR 450.000++
- Meeting Point:
 -  Lower Deck level 2
 -  Gym Studio level 15
 -  Apurva Spa
 -  Playpool/Beach

