




**THE WESTIN**  
RESORT  
NUSA DUA  
BALI


# Resort Activities

Discover a world of excitement, serenity, and togetherness at our resort.  
Join us for unforgettable adventures, tranquil moments, and memorable times with loved ones.  
Your dream getaway awaits!


**MONDAY**

- 7AM Morning yoga 
- 9AM Cycling tour
- 11AM Aquacise
- 3PM Balinese craft
- 4PM Hotel temple visit


**TUESDAY**

- 7AM Power walk 
- 8AM Bike at Westin
- 11AM Aquacise
- 3PM Fruit carving
- 4PM Fun water volley ball



**WEDNESDAY**

- 7AM runWESTIN 
- 9AM Cycling tour
- 11AM Aquacise
- 3PM Fun mini soccer
- 4PM Ping pong competition


**THURSDAY**

- 7AM runWESTIN 
- 9AM Cycling tour
- 11AM Aquacise
- 3PM Ping pong toss games



**FRIDAY**

- 7AM Morning yoga 
- 9AM Cycling tour
- 11AM Water zumba 
- 3PM Chess competition

**SATURDAY**

- 7AM runWESTIN 
- 8AM Bike at Westin
- 11AM Aquacise
- 4PM Ping pong toss games

**SUNDAY**

- 7AM runWESTIN 
- 9AM Stand up paddle class\*
- 11AM Water zumba 
- 3PM Power walk

   Westin Resort's Signature and Foundational program

Please visit us at the Towel Counter to learn more about these activities and register for an array of enriching pastimes.

- NOTES:**
- Meeting point at Towel Counter, except runWESTIN at Lobby Terrace
  - Stand Up Paddle Class is subject to tide condition