



The Apurva
Kempinski

BALI

WELLNESS & RECREATION ACTIVITIES

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|--|--|--|---|--|--|--|
| 07:00 - 08:00 |  Hatha Yoga at Spa Foyer level 15 |  Vinyasa Yoga at Spa Foyer level 15 |  Morning Stretching at Spa Foyer level 15 |  Hatha Yoga at Spa Foyer level 15 |  Restorative Yoga at Spa Foyer level 15 |  Gentle Flow Yoga at Spa Foyer level 15 |  Morning Meditation & Breathing Exercise at Spa Foyer level 15 |
| 10:00 - 11:00 |  Reformer Pilates Class : All Level at Pilates Room level 17 IDR 350.000 nett (Prepaid) |  Reformer Pilates Class : Core and Lower Body Focus at Pilates Room level 17 IDR 350.000 nett (Prepaid) |  Reformer Pilates Class : Core and Upper Body Focus at Pilates Room level 17 IDR 350.000 nett (Prepaid) |  Reformer Pilates Class : All Level at Pilates Room level 17 IDR 350.000 nett (Prepaid) |  Reformer Pilates Class : Core and Lower Body Focus at Pilates Room level 17 IDR 350.000 nett (Prepaid) |  Reformer Pilates Class : All Level at Pilates Room level 17 IDR 350.000 nett (Prepaid) |  Reformer Pilates Class : Core and Upper Body Focus at Pilates Room level 17 IDR 350.000 nett (Prepaid) |
| 11:00 - 12:00 |  Mat Pilates at Gym Studio |  Traditional Hatha Yoga at Gym Studio IDR 150.000 nett |  Circuit Class at Gym Studio |  Ashtanga Yoga Half Primary at Gym Studio IDR 150.000 nett |  Balancing Class at the Gym Studio |  Power Yoga at the Gym Studio IDR 250.000 nett |  Stretching Class at the 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 |
| 13:00 - 14:00 |  Reformer Pilates Class : All Level at Pilates Room level 17 IDR 350.000 nett (Prepaid) |  Reformer Pilates Class : Core and Lower Body Focus at Pilates Room level 17 IDR 350.000 nett (Prepaid) |  Reformer Pilates Class : Core and Upper Body Focus at Pilates Room level 17 IDR 350.000 nett (Prepaid) |  Reformer Pilates Class : All Level at Pilates Room level 17 IDR 350.000 nett (Prepaid) |  Reformer Pilates Class : Core and Lower Body Focus at Pilates Room level 17 IDR 350.000 nett (Prepaid) |  Reformer Pilates Class : All Level at Pilates Room level 17 IDR 350.000 nett (Prepaid) |  Reformer Pilates Class : Core and Upper Body Focus at Pilates Room level 17 IDR 350.000 nett (Prepaid) |
| 15:00 - 16:00 |  Anti-Gravity Yoga at the Gym Studio IDR 350.000 nett |  Aerial Yoga at the Gym Studio IDR 350.000 nett |  Anti-Gravity Yoga at the Gym Studio IDR 350.000 nett |  Aerial Yoga at the Gym Studio IDR 350.000 nett |  Anti-Gravity Yoga at the Gym Studio IDR 350.000 nett |  Aerial Yoga at the Gym Studio IDR 350.000 nett |  Anti-Gravity Yoga at the Gym Studio IDR 350.000 nett |
| 16:00 - 17:00 |  Oil Blending at Apurva Spa IDR 300.000 nett |  Traditional Body Sr ub Making at Apurva Spa IDR 300.000 nett |  Coffee Scrub Making at Apurva Spa IDR 300.000 nett |  Traditional Body Sr ub Making at Apurva Spa IDR 300.000 nett |  Oil Blending at Apurva Spa IDR 300.000 nett |  Traditional Body Sr ub Making at Apurva Spa IDR 300.000 nett |  Coffee Scrub Making at Apurva Spa IDR 300.000 nett |
| 17:00 - 18:00 |  Beach Volleyball at the beach |  Resort Becak Tour at the Play Pool Counter |  Beach Soccer at the beach |  Beach Volleyball at the beach |  Resort Becak Tour at the Play Pool Counter |  Beach Volleyball at the beach |  Beach Soccer at the beach |
| 17:00 - 18:00 |  Reformer Pilates Class : All Level at Pilates Room level 17 IDR 350.000 nett (Prepaid) |  Reformer Pilates Class : Core and Lower Body Focus at Pilates Room level 17 IDR 350.000 nett (Prepaid) |  Reformer Pilates Class : Core and Upper Body Focus at Pilates Room level 17 IDR 350.000 nett (Prepaid) |  Reformer Pilates Class : All Level at Pilates Room level 17 IDR 350.000 nett (Prepaid) |  Reformer Pilates Class : Core and Lower Body Focus at Pilates Room level 17 IDR 350.000 nett (Prepaid) |  Reformer Pilates Class : All Level at Pilates Room level 17 IDR 350.000 nett (Prepaid) |  Reformer Pilates Class : Core and Upper Body Focus at Pilates Room level 17 IDR 350.000 nett (Prepaid) |
| 18:00 - 19:00 |  Crystal Sound Bath Meditation at Apurva Spa IDR 350.000 nett |  Sound Healing Meditation at Apurva Spa IDR 350.000 nett |  Mala Making at Apurva Spa IDR 500.000 nett |  Crystal Sound Bath Meditation at Apurva Spa IDR 350.000 nett |  Crystal Sound Bath Meditation at Apurva Spa IDR 350.000 nett |  Mala Making at Apurva Spa IDR 500.000 nett |  Sound Healing Meditation at Apurva Spa IDR 350.000 nett |

- A One-day In advance reservation is required at the Apurva Spa #8552 or +62 811 3821 5341
- For beach activity please find our Recreation Team at the Pool Towel Counter

- Meeting Point :  Spa Foyer Level 15  Gym Studio level 15
 Apurva Spa  Playpool/Beach

- Activity Level :  All Level  Beginer Level  Intermediate