



The Apurva
Kempinski

BALI

WELLNESS & RECREATION ACTIVITIES

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 08:00	 Power Yoga at Spa Foyer level 15	 Vinyasa Yoga at Spa Foyer level 15	 Hatha Yoga at Spa Foyer level 15	 Restorative Yoga at Spa Foyer level 15	 Hatha Yoga at Spa Foyer level 15	 Vinyasa Yoga at Spa Foyer level 15	 Restorative Yoga at Spa Foyer level 15
11:00 - 12:00	 Anti-Gravity Yoga at the Gym Studio IDR 350.000 nett	 Pilates Ring at the Gym Studio	 Anti-Gravity Yoga at the Gym Studio IDR 350.000 nett	 Circuit Class at the Gym Studio	 Anti-Gravity Yoga at the Gym Studio IDR 350.000 nett	 Circuit Class at the Gym Studio	 Pilates Ring 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
14:00 - 15:30	 Reformer Pilates Class at Pilates Room level 17 IDR 350.000 nett	 Reformer Pilates Class at Pilates Room level 17 IDR 350.000 nett	 Reformer Pilates Class at Pilates Room level 17 IDR 350.000 nett	 Reformer Pilates Class at Pilates Room level 17 IDR 350.000 nett	 Reformer Pilates Class at Pilates Room level 17 IDR 350.000 nett	 Reformer Pilates Class at Pilates Room level 17 IDR 350.000 nett	 Reformer Pilates Class at Pilates Room level 17 IDR 350.000 nett
17:00 - 18:30	 Crystal Sound Bath Meditation at Apurva Spa IDR 350.000 nett	 Traditional Body Scrub Making at the Apurva Spa IDR 300.000 nett	 Sound Healing Meditation at Apurva Spa IDR 350.000 nett	 Traditional Body Scrub Making at the Apurva Spa IDR 300.000 nett	 Crystal Sound Bath Meditation at Apurva Spa IDR 350.000 nett	 Traditional Body Scrub Making at the Apurva Spa IDR 300.000 nett	 Sound Healing Meditation at Apurva Spa IDR 350.000 nett
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: Spa Foyer Level 15 Gym Studio level 15 Pilates Room Level 17
- Apurva Spa Playpool/Beach