



The Apurva Kempinski

BALI

WELLNESS ACTIVITIES

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 08:00 Morning Yoga	 Morning Flow Yoga at Lower Deck	 Yin Yoga at Lower Deck	 Hatha Yoga (Candra Namaskara) at Lower Deck	 Melukat (Self Purification) at Beach* IDR 200.000 nett	 Vinyasa Yoga (Surya Namaskara) at Lower Deck	 Kundalini Yoga Meditation at Lower Deck* IDR. 200.000 nett	 Melukat (Self Purification) at Beach* IDR. 200.000 nett
11:00 - 12:00	 Aquarobic at Playpool	 Anti-Gravity at Gym Studio* IDR 300.000 nett	 Flower Cane Making at South Counter Playpool* IDR 250.000 nett	 Kundalini Reiki at Apurva Spa* IDR 300.000 nett	 Canang Making at South Counter Playpool	 Anti Gravity at Gym Studio* IDR 300.000 nett	 Water Polo at Playpool
14:00-15:00	 Pilates Class at Gym Studio	 Lontar Engrave at South Counter Playpool	 Circuit at Gym Studio	 Coconut Leave Creation at South Counter Playpool	 Body Weight at Gym Studio	 Coconut Mandala Engrave at South Counter Playpool* IDR. 100.000 nett	 Boxing at Gym Studio
15:00 - 16.00 Self-care at Apurva Spa	 Foot Massage at Apurva Spa* IDR 300.000 nett	 Boreh making at Apurva Spa* IDR 200.000 nett	 Oil Blending at Apurva Spa* IDR 200.000 nett	 Traditional Sasak Technique Shoulder Massage at Apurva Spa* IDR. 300.000 nett	 Foot Massage at Apurva Spa* IDR 300.000 nett	 Boreh making at Apurva Spa* IDR 200.000 nett	 Foot Massage at Apurva Spa* IDR 300.000 nett
17:00 - 18:00	 Beach Volley Ball at the Beach	 Becak Tour at South Counter Playpool	 Beach Soccer at the Beach	 Becak tour at South Counter Playpool	 Beach Volley Ball at the Beach	 Becak Tour at South Counter Playpool	 Beach Soccer at the Beach
18:00 - 19:00 Sound Healing at Apurva Spa	 Sound Meditation at Apurva Spa* IDR. 300.000 nett	 Sound Meditation at Apurva Spa* IDR. 300.000 nett	 Sound Meditation at Apurva Spa* IDR. 300.000 nett	 Sound Meditation at Apurva Spa* IDR. 300.000 nett	 Sound Meditation at Apurva Spa* IDR. 300.000 nett	 Sound Meditation at Apurva Spa* IDR. 300.000 nett	 Sound Meditation at Apurva Spa* IDR. 300.000 nett

- During unconditional weather, venue move to gym studio
- Prices are nett
- A One-day In advance reservation is required at the Apurva Spa #8552 or +62 81138215341
- Meeting Point:

Lower Deck
 Fitness Center
 Apurva Spa
 Beach
 Playpool