



LEISURE ACTIVITIES

MONDAY

- 07.00 – 07.30 Stretching Class
- 09.00 – 10.00 Fruit Carving Lesson *(fee applies)
- 14.00 – 15.00 Table Games
- 15.00 – 16.00 Water Volleyball
- 17.00 – 17.30 Circuit Exercise

TUESDAY

- 07.00 – 07.30 Build Your Muscle
- 10.00 – 10.30 Swimming Lesson *
- 15.30 – 16.30 Beach Soccer
- 17.00 - 17.30 Boxing Fit
- 17.30 – 18.30 Cycling Tour *(fee applies)

WEDNESDAY

- 07.00 – 07.30 Core Exercise
- 10.00 – 10.30 Snorkelling Lesson *
- 11.00 – 11.30 Water Aerobics
- 14.00 – 15.00 Table Games
- 17.00 – 17.30 Fit Ball Class

THURSDAY

- 06.00 – 07.00 Sunrise Cycling Tour *(fee applies)
- 07.00 – 07.30 Stretching Class
- 14.00 – 15.00 Fruit Carving Lesson *(fee applies)
- 15.00 – 16.00 Beach Soccer
- 17.00 – 17.30 Fighting Fit

FRIDAY

- 07.00 – 07.30 Yoga Class *
- 11.00 – 11.30 Water Aerobics
- 14.30 – 15.30 Balinese Culture
- 15.30 – 16.30 Balinese Lesson
- 17.00 – 17.30 Aerobics

SATURDAY

- 07.00 – 07.30 Power Walking
- 10.00 – 10.30 Snorkelling Lesson *
- 14.00 – 15.00 Fruit Carving *(fee applies)
- 17.00 – 17.30 Core Exercise
- 17.30 – 18.30 Cycling Tour *(fee applies)

SUNDAY

- 07.00 – 07.30 Free Body Workout
- 09.00 – 10.00 Cycling Tour *(fee applies)
- 14.00 – 15.00 Table Games
- 15.00 – 15.30 Water Aerobics
- 17.00 – 17.30 Aerobics

ACTIVITIES CONDUCTED BY 3rd PARTIES :

- Tanjung Bena Snorkeling
- Sunrise Fishing Tour

Above activities are weather and tide restricted and one day reservation in advance is required



Please visit us at the Recreation Counter to know more about these activities and register for a world of enriching activities.



Please visit us at the activities counter to learn more about our activities and to register for a fun filled, culturally enriching experience.

** Terms and conditions apply*

- Meeting point for all activities at Activities Towel Counter of Fitness Centre
- Swimming and snorkeling private lessons are chargeable and the duration of each lesson is 1 hour
- For more information please contact the Recreation Counter

holidayinnresorts.com



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