

# GYM

DAY	TIME	ACTIVITY	VENUE
Every day	7.30am - 8.30am	Morning Yoga	Movement Studio
Monday	6pm - 7pm	Zumba Toning <sup>(*)</sup>	Movement Studio
Wednesday	10am - 11am	Zumba <sup>(*)</sup>	Movement Studio
Wednesday	6pm - 7pm	Zumba <sup>(*)</sup>	Movement Studio
Thursday	6pm - 7pm	Zumba <sup>(*)</sup>	Movement Studio
Friday	10am - 11am	Zumba <sup>(*)</sup>	Movement Studio
Saturday	7.30am - 8.30am	Bootcamp: Get Fit, Have Fun <sup>(R)(*)</sup>	Temple Garden

## PRIVATE YOGA<sup>(R)(\*)</sup>

IDR 650,000++ per person  
IDR 850,000++ per couple

## PERSONAL TRAINER<sup>(R)(\*)</sup>

Personal trainer is available upon request at IDR 750,000++ per person for 75 minutes

## REVIVE AND REVITALISE<sup>(R)(\*)</sup>

Bootcamp | Mineral Ritual | Healthy Lunch

For reservations please dial '5' or ask our Leisure Concierge in the lobby for your Zumba pass

## ZUMBA AND ZEN<sup>(R)(\*)</sup>

IDR 400,000++ per person  
Zumba | Manicure & Pedicure or Creambath

## ZUMBA PASS

Zumba pass: IDR 100,000 nett per day  
Monthly Zumba pass: IDR 1,000,000 nett

## TERMS & CONDITIONS:

Gym can only be used after Zumba class  
Please bring and present your card upon arrival to the instructor

(R) Reservation Required (\*) Chargeable