

COMO UMA CANGGU

SCHEDULE OF DAILY ACTIVITIES

From April 6th to April 19th, 2026



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|--|---|--|---|
| 8.00am to 9.00am | 8.00am to 9.00am | 8.00am to 8.45am | 8.00am to 9.00am | 8.00am to 9.00am | 8.00am to 8.45am | 8.00am to 9.00am |
| Sunrise Yoga with Chitra at Yoga Studio (Maximum of 15 participants) | Pilates Mat with Tracey at Yoga Studio (Maximum of 15 participants) | Suspend Fitness Training with Piping at Yoga Studio 1 (Maximum of eight participants) | Pilates Mat with Julie at Yoga Studio (Maximum of 15 participants) | Ashtanga Yoga with Ari at Yoga Studio (Maximum of 15 participants) | Suspend Fitness Training with Piping at Yoga Studio 1 (Maximum of eight participants) | Vinyasa Yoga with Ari at Yoga Studio (Maximum of 15 participants) |
| 9.00am to 10.00am | | 9.30am to 10.15am | | | 9.00am to 10.00am | |
| Pilates with Props with Tracey at Pilates Studio (Maximum of 10 participants) | | HIIT with Piping at Yoga Studio 1 (Maximum of 10 participants) | | | Pilates Mat with Tracey at Yoga Studio (Maximum of 15 participants) | |
| | 4.00pm to 5.00pm | | | 4.00pm to 5.00pm | | |
| | Yin Yoga with Ari at Yoga Studio (Maximum of 15 participants) | | | Yin Yoga with Chitra at Yoga Studio (Maximum of 15 participants) | | |

- * Prices are subject to 21 per cent service charge and government tax
- * Group classes are priced at IDR 160,000 per person for non-staying guests
- * Semi-private classes are priced at IDR 500,000 per person for all guests.
- * **COMO guests are entitled to one complimentary group class per person, per day. This benefit is non-transferable (highlighted in brown)**
- * Advance booking is required for all classes (minimum 24 hours prior)
- * All class styles and levels mentioned above are available for private booking. □ Intermediate Level
- * To book, please contact COMO Shambhala Reception at **+6281138209572**
- * Classes are located in Fitness Centre unless otherwise stated. In the case of poor weather conditions, outdoor classes will be relocated to the Fitness Centre. 🌿 Outdoor classes.
- * Fitness Centre users and class participants must be age 16 or above
- * All group classes are not suitable for pregnancy unless indicated
- * All group class participants should wear appropriate and comfortable activewear. Suitable shoes are required for all fitness classes
- * Please arrive at least 10 minutes prior to the class start time. Late guests will not be permitted to join the class
- * Classes are subject to change without prior notice

COMO UMA CANGGU

SCHEDULE OF DAILY ACTIVITIES

From April 20th to April 26th, 2026



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|--|---|---|--|
| 8.00am to 9.00am | 8.00am to 9.00am | 8.00am to 8.45am | 8.00am to 9.00am | 8.00am to 9.00am | 8.00am to 8.45am | 8.00am to 9.00am |
| Sunrise Yoga with Chitra at Yoga Studio (Maximum of 15 participants) | Hatha Yoga with Chitra at Yoga Studio (Maximum of 15 participants) | Suspend Fitness Training with Piping at Yoga Studio 1 (Maximum of eight participants) | Pilates Mat with Julie at Yoga Studio (Maximum of 15 participants) | Ashtanga Yoga with Ari at Pilates Studio (Maximum of 10 participants) | Circuit Training with Piping at Pilates Studio (Maximum of six participants) | Vinyasa Yoga with Ari at Pilates Studio (Maximum of 10 participants) |
| 9.00am to 10.00am | | 9.30am to 10.15am | | | 9.00am to 10.00am | |
| Pilates with Props with Tracey at Pilates Studio (Maximum of 10 participants) | | HIIT with Piping at Yoga Studio 1 (Maximum of 10 participants) | | | Pilates Mat with Tracey at Pilates Studio (Maximum of 10 participants) | |
| | 4.00pm to 5.00pm | | | 4.00pm to 5.00pm | | |
| | Yin Yoga with Ari at Yoga Studio (Maximum of 15 participants) | | | Yin Yoga with Chitra at Yoga Studio (Maximum of 15 participants) | | |

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- * All group classes are not suitable for pregnancy unless indicated
- * All group class participants should wear appropriate and comfortable activewear. Suitable shoes are required for all fitness classes
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- * Classes are subject to change without prior notice

COMO UMA CANGGU

SCHEDULE OF DAILY ACTIVITIES

From April 27th to May 3rd, 2026



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|--|---|--|---|
| 8.00am to 9.00am | 8.00am to 9.00am | 8.00am to 8.45am | 8.00am to 9.00am | 8.00am to 9.00am | 8.00am to 8.45am | 8.00am to 9.00am |
| Sunrise Yoga with Chitra at Yoga Studio (Maximum of 15 participants) | Pilates Mat with Tracey at Yoga Studio (Maximum of 15 participants) | Suspend Fitness Training with Piping at Yoga Studio 1 (Maximum of eight participants) | Pilates Mat with Julie at Yoga Studio (Maximum of 15 participants) | Ashtanga Yoga with Ari at Pilates Studio 2 (Maximum of 10 participants) | Circuit Fitness Training with Piping at Yoga Studio 1 (Maximum of six participants) | Vinyasa Yoga with Ari at Yoga Studio (Maximum of 15 participants) |
| 9.00am to 10.00am | | 9.30am to 10.15am | | | 9.00am to 10.00am | |
| Pilates with Props with Tracey at Pilates Studio (Maximum of 10 participants) | | HIIT with Piping at Yoga Studio 1 (Maximum of 10 participants) | | | Pilates Mat with Tracey at Pilates Studio 2 (Maximum of 10 participants) | |
| | 4.00pm to 5.00pm | | | 4.00pm to 5.00pm | | |
| | Yin Yoga with Ari at Yoga Studio (Maximum of 15 participants) | | | Yin Yoga with Chitra at Yoga Studio (Maximum of 15 participants) | | |

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- * All group classes are not suitable for pregnancy unless indicated
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Yoga

Sunrise Yoga

The session will begin with grounding stretches before moving through an energising flow to invigorate and refresh.

Vinyasa Yoga

This moving meditation consists of carefully curated sequences, seamlessly woven together for complete fluidity. This an energising practice, encouraging you literally 'go with the flow'.

Yin Yoga

This practice uses long pauses in restorative, passive poses to cultivate inner stillness and calm. Stretches of three to five minutes enable connective tissue to release and realign, increasing flexibility and restoring the flow of Qi within the body.

Ashtanga Yoga

An athletic and dynamic yoga form of Hatha yoga that will challenge your practice. While it is very physical practice but it also promotes mental clarity and inner peace.

Hatha Yoga

Will be consisting of variety of postures suitable for all abilities. We begin with breath awareness, before moving through a varied sequence of traditional standing poses, arm balances, forward bends, back bends, twists and inversions. We finish with a well-deserved savasana, lying on your back as you relax.

PILATES

Pilates Mat

Learn the basic foundation of Pilates mat exercises in this workout while using your body weight as resistance. This class helps to improve posture and core strength, muscular endurance and flexibility while elongating and strengthening the spine.

Pilates Props

Vary your Pilates practice with a range of props such as the magic circle, foam roller and ball. Experience the classic workout in a new way.

FITNESS

Suspend Fitness Class

Get a total body workout with our Jungle Sport® equipment that will help to improve your strength, flexibility, posture and balance.

HIIT

This high-intensity workout alternates between powerful bursts of exercise and active recovery periods to maximize calorie burn and build endurance through dynamic, full-body movements that boost strength, stamina, and metabolism.

Circuit Training

This class is based on the principles of High Intensity Interval Training (HIIT). It enables you to go harder for longer by increasing the anaerobic threshold and also helps to burn fat. Classes use equipment in the gym alongside with the Tabata Training system.