

COMO UMA CANGGU

SCHEDULE OF DAILY ACTIVITIES

From September 1st to September 7th 2025



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
Hatha Yoga with Chitra at Yoga Studio (Maximum of 15 participants)	Tai Chi with Wirati 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)	Hatha 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)
				2.45pm to 3.45pm		
				Lower Body Workout Semi-Private with Yuli at Pilates Studio 2 (Maximum of four participants)		
4.00pm to 5.00pm		4.00pm to 5.00pm		4.00pm to 5.00pm		
Pilates with Props With Astrid at Pilates Studio 2 (Maximum of 10 participants)		Yin Yoga with Chitra at Yoga Studio (Maximum of 15 participants)		Pilates with Props With Julie at Pilates Studio 2 (Maximum of 10 participants)		

- * Prices are inclusive to 21 per cent service charge and government tax
- * Group classes are priced at IDR 151,250 per person for non-staying guests
- * Semi-private classes are priced at IDR 605,000 per person for all guests
- * COMO guests are entitled to one complimentary group class per day (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 at 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

SCHEDULE OF DAILY ACTIVITIES

From September 8th to September 14th 2025

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
Hatha Yoga with Chitra at Yoga Studio (Maximum of 15 participants)	Pilates Mat with Lauren 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 Lauren 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)
				2.45pm to 3.45pm		
				Lower Body Workout Semi-Private with Yuli at Pilates Studio 2 (Maximum of four participants)		
4.00pm to 5.00pm		4.00pm to 5.00pm		4.00pm to 5.00pm		
Pilates with Props With Astrid at Pilates Studio 2 (Maximum of 10 participants)		Yin Yoga with Chitra at Yoga Studio (Maximum of 15 participants)		Power Pilates with Lauren at Pilates Studio 2 (Maximum of 10 participants)		

* Prices are inclusive to 21 per cent service charge and government tax

* Group classes are priced at IDR 151,250 per person for non-staying guests

* Semi-private classes are priced at IDR 605,000 per person for all guests

* COMO guests are entitled to one complimentary group class per day (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 at 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 September 15th to October 5th 2025



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
Hatha Yoga with Chitra at Yoga Studio (Maximum of 15 participants)	Pilates Mat with Lauren 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 Lauren 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)
				2.45pm to 3.45pm		
				Lower Body Workout Semi-Private with Yuli at Pilates Studio 2 (Maximum of four participants)		
4.00pm to 5.00pm		4.00pm to 5.00pm		4.00pm to 5.00pm		
Pilates with Props with Lauren at Pilates Studio 2 (Maximum of 10 participants)		Yin Yoga with Chitra at Yoga Studio (Maximum of 15 participants)		Power Pilates with Lauren at Pilates Studio 2 (Maximum of 10 participants)		

- * Prices are inclusive to 21 per cent service charge and government tax
- * Group classes are priced at IDR 151,250 per person for non-staying guests
- * Semi-private classes are priced at IDR 605,000 per person for all guests
- * COMO guests are entitled to one complimentary group class per day (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 at 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

YOGA

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.

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'.

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.

PILATES

Pilates Mat

Learn the foundational Pilates mat exercises in this workout. This class helps to improve posture and core strength, muscular endurance and flexibility while elongating and strengthening the spine.

Power Pilates

Is a total body workout that mixes strength and resistance following basic Pilates principles. Combining isolated movements to build control, core strength, balance, and muscular endurance. You will leave feeling stronger and more connected to your body.

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.

Tai Chi

Is an ancient Chinese traditional that has evolved over centuries to alleviate stress and anxiety. A form of meditation in motion. Loosen your stiff muscles and learn to flow with gentle, coordinated and integrated movements that bring serenity and inner peace within each motion. Beginners are most welcome.

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.

SEMI-PRIVATE CLASSES

Available as a private session.

Lower Body Workout

These workout includes a mix of weighted compound exercises & higher rep booty isolation movements to give you the ultimate booty pump.