Monday	07.00 - 07.45 09.00 - 10.00 11.00 - 12.00 16.00 - 17.00	Morning Meditation Fun Cardio Kwangen Making Sushi Class	Chapel Lawn Yoga Studio Yoga Studio The Beach Grill
Tuesday	07.00 - 08.00 09.00 - 10.00 11.00 - 12.00	Unweighted Bootcamp Stretching Class Surf Initiation	Chapel Lawn Yoga Studio Surfing Corner
Wednesday	07.00 - 08.00 09.00 - 10.00 11.00 - 12.00 16.00 - 17.00	Zen Yoga Garden Tour Mejejaitan Sushi Class	Chapel Lawn Meet at Fitness Center Yoga Studio The Beach Grill
Thursday	07.00 - 07.45 09.00 - 10.00 11.00 - 12.00 16.00 - 16.30	Morning Meditation Stretching Class Balinese Dance Latte Class	Chapel Lawn Yoga Studio Yoga Studio The Beach Grill Bar
Friday	07.00 - 08.00 09.00 - 10.00 11.00 - 12.00 16.00 - 17.00 18.00 - 19.00	Power Walk Aqua Yoga Surf Initiation Sushi Class Beach Bonfire	Meet at Fitness Center Main Pool Surfing Corner The Beach Grill Main Beach
Saturday	07.00 - 08.00 09.00 - 10.00 11.00 - 12.00 16.00 - 16.30 18.00 - 19.00	Yin Yoga Basic Pilates Resort Temple Tour Cocktail Class Beach Bonfire	Chapel Lawn Yoga Studio Meet at Fitness Center The Beach Grill Main Beach
Sunday	07.00 - 08.00 09.00 - 10.00 11.00 - 12.00 16.00 - 16.30	Vinyasa Yoga Fun Cardio Mejejaitan Mocktail Class	Chapel Lawn Yoga Studio Yoga Studio The Beach Grill

18.00 - 19.00

Beach Bonfire



The Ritz-Carlton Spa and Recreation Facilities

Open from 10 am - 7 pm Fitness Centre open from 6 am - 9 pm

Surrounded by a lush traditional Balinese garden, The Ritz-Carlton, Bali introduces its signature spa, the resort's harmonious center where nature, culture, tradition, and spirituality bring balance to the external and internal worlds.



Uncelebrated Celebrations

Because it's never too late to celebrate your special occasions, whether it is anniversaries, birthdays, or other life's milestone, we are delighted to craft an intimate beach dinner at our beachfront gazebo.

Priced at IDR 2,200,000 for two persons, it includes:

- Private beachfront gazebo for dinner
- 2 glasses of sparkling wine
- 4-course specially crafted menu for 2 persons
- 21% government tax and service charge

Reservations are required. Contact Concierge for futher assistant, ext 3537/3538

Reservations for all activities are required 24 hour in advance at ext. 3599, limited space available.

- * With charge IDR 200.000 nett/pax (maximum participant 5 pax)
- ** Kids Activity (Complimentary).

Connect with us on Social media!



Main Beach









