

WEEKLY ACTIVITIES SCHEDULE



MONDAY

9:00 - 9:30 am	Meditation at Six Senses Spa <i>(complimentary)</i>
9:45 am - 10:15 am	Yoga at Six Senses Spa <i>(complimentary)</i>
11:00 am - 12:00 pm	Kids: Jewellery Making <i>(IDR 100 per person)</i>
3:30 - 4:30 pm	Kids: Make your own healthy drink <i>(IDR 230 per person)</i>

TUESDAY

9:00 - 9:30 am	Meditation at Six Senses Spa <i>(complimentary)</i>
11:00 am - 12:00 pm	Kids: Tie dye t-shirt <i>(IDR 100 per person)</i>
2:00 - 2:30 pm	Intro to Yoga at Six Senses Spa <i>(complimentary)</i>
3:30 - 4:15 pm	TRX Suspension at Six Senses Spa <i>(IDR 500 per person)</i>
3:30 - 4:30 pm	Kids: Dreamcatcher-making <i>(IDR 100 per person)</i>

WEDNESDAY

9:00 - 9:30 am	Intro to Wellness Screening at Six Senses Spa <i>(complimentary)</i>
11:00 am - 12:00 pm	Circuit training at Six Senses Spa <i>(IDR 500 per person)</i>
11:00 am - 12:00 pm	Kids: Grow bag painting <i>(IDR 100 per person)</i>
2:00 - 2:30 pm	Mat Pilates at Six Senses Spa <i>(complimentary)</i>
3:30 - 4:15 pm	Aerial Yoga at Six Senses Spa <i>(IDR 500 per person)</i>
3:30 - 5:00 pm	Kids: Little chef, fun sushi-making (vegetarian) <i>(IDR 300 per person)</i>
4:30 - 5:30 pm	Sustainability tour <i>(complimentary)</i>

THURSDAY

9:00 - 9:30 am	Meditation at Six Senses Spa <i>(complimentary)</i>
11:00 am - 12:00 pm	Stretch and mobility at Six Senses Spa <i>(IDR 500 per person)</i>
11:00 am - 12:00 pm	Kids: Healthy snack-making class <i>(IDR 100 per person)</i>

2:00 - 2:30 pm	Pranayama Yoga at Six Senses Spa <i>(complimentary)</i>
3:30 - 4:15 pm	Hatha Yoga at Six Senses Spa <i>(IDR 500 per person)</i>
3:30 - 4:30 pm	Kids: Balinese basket painting <i>(IDR 100 per person)</i>

FRIDAY

9:00 - 9:30 am	Pranayama Yoga at Six Senses Spa <i>(complimentary)</i>
11:00 am - 12:00 pm	TRX suspension at Six Senses Spa <i>(IDR 500 per person)</i>
11:00 am - 12:00 pm	Kids: Dreamcatcher-making <i>(IDR 100 per person)</i>
2:00 - 2:30 pm	Yoga at Six Senses Spa <i>(complimentary)</i>
3:30 - 4:30 pm	Kids: Intro to Yoga <i>(IDR 230 per person)</i>
4:30 - 5:30 pm	Sustainability tour <i>(complimentary)</i>

SATURDAY

9:00 - 9:30 am	Intro to Yoga at Six Senses Spa <i>(complimentary)</i>
11:00 am - 12:00 pm	Aerial Yoga at Six Senses Spa <i>(IDR 500 per person)</i>
11:00 am - 12:00 pm	Kids: Grow bag painting <i>(IDR 100 per person)</i>
2:00 - 2:30 pm	Pranayama Yoga at Six Senses Spa <i>(complimentary)</i>
3:30 - 4:15 pm	Circuit training at Six Senses Spa <i>(IDR 500 per person)</i>
3:30 - 4:30 pm	Kids: Little chef, healthy cookie-making class <i>(IDR 230 per person)</i>
6:30 - 10:00 pm	Jimbaran seafood BBQ at Crudo Terrace <i>(IDR 1,050 per person)</i>

SUNDAY

9:00 - 9:30 am	Meditation at Six Senses Spa <i>(complimentary)</i>
9:45 am - 10:15 am	Yoga at Six Senses Spa <i>(complimentary)</i>
11:00 am - 12:00 pm	Kids: Dreamcatcher-making <i>(IDR 100 per person)</i>
3:30 - 4:30 pm	Kids: Tie dye t-shirt <i>(IDR 100 per person)</i>

Ask your GEM or contact Experience team for reservations.

Price listed in '000 Indonesian Rupiah (IDR). Subject to 21 percent service charge and government tax