



**SOFIT**  
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**SOFITEL**  
HOTELS & RESORTS

BALI NUSA DUA BEACH RESORT

# GROUP FITNESS CLASSES

## 2017 SCHEDULE



DAY	TIME	ACTIVITIES	PRICE
MONDAY	7.00 AM	YOGA	IDR150,000++
	8.00 AM	MUAY THAI 60 minutes	IDR150,000++
	10.00 AM	STRENGTH AND CONDITIONING 30 minutes	IDR75,000++
TUESDAY	7.00 AM	YOGA	IDR150,000++
	9.00 AM	CIRCUIT TRAINING 60 minutes	IDR150,000++
WEDNESDAY	7.00 AM	YOGA	IDR150,000++
	8.00 AM	CROSS FITNESS 60 minutes	IDR150,000++
	10.00 AM	FIT BLAST 30 minutes	IDR75,000++
THURSDAY	7.00 AM	YOGA	IDR150,000++
	8.00 AM	MUAY THAI 60 minutes	IDR150,000++
	9.00 AM	BOOT CAMP 60 minutes	IDR150,000++
FRIDAY	7.00 AM	YOGA	IDR150,000++
	8.00 AM	KICK BOXING 60 minutes	IDR150,000++
	9.00 AM	SUPER ABS 30 minutes	IDR75,000++
	10.00 AM	TAEKWONDO 30 minutes	IDR75,000++
SATURDAY	7.00 AM	YOGA	IDR150,000++
	8.00 AM	KICK BOXING 60 minutes	IDR150,000++
	9.00 AM	BOOT CAMP 60 minutes	IDR150,000++
	10.00 AM	TAI CHI 30 minutes	IDR75,000++
SUNDAY	7.00 AM	FLOATING YOGA	IDR150,000++
	8.00 AM	MUAY THAI 60 minutes	IDR150,000++
	10.00 AM	TAEKWONDO 30 minutes	IDR75,000++

Classes, locations and times are subject to change.  
For more information, please contact us:  
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