



THE WESTIN

RESORT & SPA
UBUD, BALI

Resort Activities

The Westin Resort & Spa Ubud, Bali | Jalan Lod Tunduh, Br. Kengetan, Desa Singakerta, Ubud 80571 Indonesia | +62 361 3018989



Wellness Schedule

Gift yourself wellness with an array of holistic wellness activities conducted at the resort. Also on offer are exclusive group classes and private sessions. Please refer to the calendar below and kindly note that registration for all sessions closes a day prior at 10PM.

Wellness sessions: IDR150,000 net per person per session.
For non resident guest: IDR200,000 net per person per session.

Resort Activities

MONDAY

7AM Run Westin
9AM Basic of Yoga
11AM Aquacise
3PM Balinese Dress
4PM Aqua Yoga

WEDNESDAY

7AM Run Westin
9AM Prayanama
11AM Aquacise
4PM Water Pilates

FRIDAY

7AM Run Westin
9AM Stretching Exercise
11AM Aquacise
3PM Making Balinese Offering
4PM Water Stretching

BICYCLE RENTAL

Adult IDR 75.000/hour*
Kids IDR 50.000/hour*

Meeting point at Heavenly Spa, except RunWestin at Lobby. Please visit us at the Heavenly Spa to learn more about these activities and register for an array of enriching pastimes. All activities are subjected to change without prior notice. Prior reservations are required and kindly note that registration for all sessions closes a day prior at 10PM, please contact Service Express at extension "0".

TUESDAY

7AM Run Westin
9AM Stretching Exercise
11AM Aquacise
4PM Water Stretching

THURSDAY

7AM Run Westin
9AM Basic of Yoga
11AM Aquacise
4PM Aqua Yoga

SATURDAY

7AM Run Westin
9AM Pranayama
11AM Aquacise
4PM Water Pilates

SUNDAY

7AM Run Westin
9AM Matt Pilates
11AM Aquacise
3PM Balinese Dance Lesson
4PM Aqua Yoga

MONDAY

10AM Power Yoga
5PM Sense of Balance

TUESDAY

10AM Hatta Yoga
5PM Tai chi

FRIDAY

10AM Sense of Balance
5PM Vinyasa Yoga

SATURDAY

10AM Hatta Yoga
5PM Tai chi

SUNDAY

9AM Pilates
4:30PM Sunset Yoga

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