

COMO Shambhala Estate's Schedule of Activities

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07.00 - 08.00	ESTATE WALK Activity Office	ESTATE WALK Activity Office	RICE FIELD WALK Activity Office	ESTATE WALK Activity Office	ESTATE WALK Activity Office	ESTATE WALK Activity Office	
09.30 - 10.30	* PILATES MAT CLASS Pilates Studio	* ROLL AND FLOW Pilates Studio	*HIIT Gym	* PILATES MAT CLASS Pilates Studio	* TOTAL BARRE Pilates Studio	FLOW YOGA Yoga Pavilion	RICE FIELD WALK Activity Office
10.45 - 11.45	COOKING CLASS glow bar	SECRETS TO LONGEVITY Sattva	* HYDROTHERAPY CIRCUIT Vitality Pool	ART OF LIVING Sattva	* HYDROTHERAPY CIRCUIT Vitality Pool	GUIDE TO YOGA STYLES Sattva	BALINESE CULTURE Activity Office
12.00 - 13.00				FRIENDSHIP LUNCH WITH YOUR GLOW HOST glow			BALINESE DANCE AND GAMELAN glow
15.30 - 16.30	HEALING POWER OF WATER Sattva	* HYDROTHERAPY CIRCUIT Vitality Pool	HATHA YOGA Yoga Pavilion	* HYDROTHERAPY CIRCUIT Vitality Pool	HATHA YOGA Yoga Pavilion	* HYDROTHERAPY CIRCUIT Vitality Pool	* HYDROTHERAPY CIRCUIT Vitality Pool
	OR	OR	OR	OR	OR	OR	OR
	* HYDROTHERAPY CIRCUIT Vitality Pool	PRANAYAMA MEDITATION Yoga Bale	ESTATE WALK Activity Office	* ROLL AND FLOW Pilates Studio	RETURN TO NATURAL LIVING Sattva	PRANAYAMA MEDITATION Yoga Bale	ESTATE WALK Activity Office
16.45 - 17.45	HATHA YOGA Yoga Pavillion	HATHA YOGA Yoga Pavillion	PRANAYAMA MEDITATION Yoga Bale	HATHA YOGA Yoga Pavillion	PRANAYAMA MEDITATION Yoga Bale	HATHA YOGA Yoga Pavillion	HATHA YOGA Yoga Pavillion