



Viceroy Bali

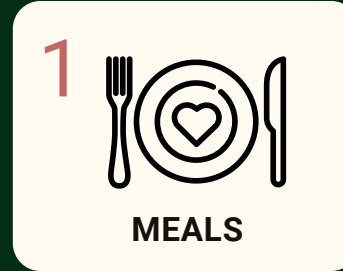
Guest Activities



Resort Map



Full Board Dining



Dining in Restaurant



Dining in villa

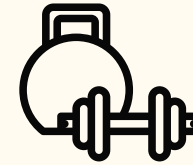
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Breakfast, lunch and dinner are included in the Quarantine rate from Cascades restaurant.

Meals can be room service to villa or isolated dining in the restaurant, both options following COVID quarantine procedures.

Activities

2



FITNESS



Pilates reformer



Garden croquet

2

Access to gym equipment such as free standing weights, treadmill or bicycle (subject to availability). Pilates reformer machines also available for villa (subject to availability).

Book a private garden croquet activity, isolated from other guests. Or roam in our quarantine approved areas of the hotel.

Lessons

3



MENTAL



Morning meditation



Offering lesson

3

Replenish your mind after travel with morning meditation practice for beginners or expert.

Learn how to make Balinese offerings in small classes.

Read books or watch DVDs from the Viceroy library. Play boardgames.

Programs



Healthy meals



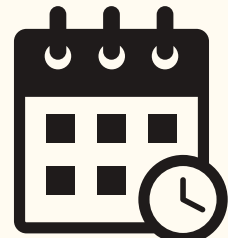
Nutritionist consult

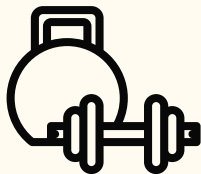
4 Virtual consultation with a nutritionist in order to use the quarantine days to cleanse and eat healthy.

Full detox options available.

Guests can order special food deliveries to the hotel and we will ensure quarantine protocols in place.

Schedule




FITNESS


CULTURAL


MENTAL


NUTRITION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8AM YOGA 10AM AQUA AEROBICS CLASS	9AM MEDITATION 11AM RESORT TOUR	8AM YOGA 10AM AQUA AEROBICS CLASS	11AM GREENHOUSE TOUR WITH CHEF	8AM YOGA 9AM MEDITATION	8AM YOGA 9AM MEDITATION	8AM YOGA 10AM AQUA AEROBICS CLASS
3PM FISH FEEDING (KIDS ACTIVITY) AT APERITIF POND	11AM **PILATES REFORMER CLASS	11AM PRIVATE NUTRITIONIST CONSULTATION (ADVANCE BOOKING) 12PM 1PM	11AM **PILATES REFORMER CLASS	11AM PRIVATE NUTRITIONIST CONSULTATION (ADVANCE BOOKING) 12PM 1PM	11AM PRIVATE NUTRITIONIST CONSULTATION (ADVANCE BOOKING) 12PM 1PM	3PM GREENHOUSE TOUR WITH CHEF
3PM CROQUET IN THE GARDEN (ADVANCE BOOKING) 5PM	3PM BALINESE OFFERING LESSON	3PM BALINESE CULTURE Q&A WITH TOUR GUIDE	3PM BALINESE OFFERING LESSON	3PM CROQUET IN THE GARDEN (ADVANCE BOOKING) 5PM	3PM RESORT TOUR 3PM FISH FEEDING (KIDS ACTIVITY)	3PM BALINESE OFFERING LESSON

**ACTIVITY IS SUBJECT TO AVAILABILITY OF EQUIPMENT

Activites Pricelist

Classes

Price (IDR).

- | | |
|-----------------------------|-----------|
| • Yoga | 180,000 |
| • Meditation | 180,000 |
| • Aqua Aerobics | 200,000 |
| • Nutritionist Consultation | 1,200,000 |
| • Pilates Reformer | 700,000 |
- (subject to availability)

Complimentary for Guests

- Croquet in the Garden (advance book)
- Balinese Offering Lesson
- Balinese Culture Lesson
- Fish Feeding for kids
- Resort Tour
- Greenhouse Tour with Chef

Detailed Description

Activities

- Yoga: 60 min class with an instructor, bringing harmony to mind & body.
- Virtual Meditation: Online guided meditation practice for 10 - 30 minutes.
- Virtual Aqua Aerobics: Online guided aerobics in your private pool.
- Pilates: Full body and core strength workout with a private instructor, on a pilates reformer machine.

Lessons

- Balinese Offering Lesson: learn how to make a traditional offering to the gods
- Balinese Culture Lesson: learn the history of Bali's unique culture and religion
- Fish Feeding for kids: in our pond
- Resort Tour: learn about Viceroy history and fun facts whilst seeing all areas
- Greenhouse Tour with Chef: learn the tricks to a healthy and diverse vegetable garden