



# FREE

DAILY GUEST  
ACTIVITIES PROGRAM

## INBALANCE BY NOVOTEL

### SUNDAY

Time	Activities	Venue
07:00 - 08:00	Walking Fit	Main Lobby
07:00 - 08:00	Power Basic Yoga	Beach Club
09:00 - 10:00	Indoor Boot Camp	Fitness Center
11:00 - 11:30	Aqua Fit	Main Pool
11:30 - 12:30	Water Volley Ball	Main Pool
14:00 - 15:00	Bingo Games	Gourmet Bar
15:00 - 16:00	Zumba Fit	Fitness Center
16:30 - 17:30	Beach Games	Beach Club

### MONDAY

Time	Activities	Venue
07:00 - 08:00	Power Walking	Main Lobby
08:00 - 09:00	Morning Stretching	Spa Garden
10:00 - 11:00	Scuba Intro	Main Pool
11:00 - 11:30	Aqua Fit	Main Pool
11:30 - 12:30	Water Basketball	Main Pool
14:00 - 15:00	Trivia Quizzes	Gourmet Bar
15:00 - 16:00	Water Volley Ball	Main Pool
16:00 - 17:00	Fitness Ball Class	Fitness Center
16:30 - 17:30	Beach Games	Beach Club

### TUESDAY

Time	Activities	Venue
07:00 - 08:00	Beach Walk	Main Lobby
08:00 - 09:00	Body Fit	Fitness Center
09:00 - 10:00	Village Cycling Tour	Main Lobby
11:00 - 11:30	Aqua Fit	Main Pool
11:30 - 12:30	Water Polo	Main Pool
14:00 - 15:00	Ping Pong Tournament	Tour Desk
15:00 - 16:00	Zumba Step	Fitness Center
16:30 - 17:30	Beach Games	Beach Club

### WEDNESDAY

Time	Activities	Venue
07:00 - 08:00	Jogging	Main Lobby
08:00 - 09:00	Basic Yoga	Lower Garden
10:00 - 11:00	Snorkling Lesson	Main Pool
11:00 - 11:30	Aqua Fit	Main Pool
11:30 - 12:30	Swimming Race	Main Pool
14:00 - 15:00	Ultimate Music Quiz	Gourmet Bar
15:00 - 16:00	Pass Ten	Main Pool
16:00 - 17:00	Fitness Combat	Fitness Center
16:30 - 17:30	Beach Games	Beach Club

### THURSDAY

Time	Activities	Venue
07:00 - 08:00	Power Walking	Main Lobby
08:00 - 09:00	Morning Stretching	Spa Garden
09:00 - 10:00	Beach Cycling Tour	Main Lobby
11:00 - 11:30	Aqua Fit	Main Pool
11:30 - 12:30	Water Basketball	Main Pool
14:00 - 15:00	Bingo Games	Gourmet Bar
15:00 - 16:00	Indoor Boot Camp	Fitness Center
16:30 - 17:30	Beach Games	Beach Club

### FRIDAY

Time	Activities	Venue
07:00 - 08:00	Beach Walk	Main Lobby
08:00 - 09:00	Fitness Combat	Fitness Center
10:00 - 11:00	Snorkling Lesson	Main Pool
11:00 - 11:30	Aqua Fit	Main Pool
11:30 - 12:30	Water Volley Ball	Main Pool
14:00 - 15:00	Ping Pong Tournament	Tour Desk
15:00 - 16:00	Water Polo	Main Pool
16:00 - 17:00	Zumba Fit	Fitness Center
16:30 - 17:30	Beach Games	Beach Club

### SATURDAY

Time	Activities	Venue
07:00 - 08:00	Jogging	Main Lobby
08:00 - 09:00	Morning Stretching	Spa Garden
09:00 - 10:00	Nusa Dua Cycling Tour	Main Lobby
11:00 - 11:30	Aqua Fit	Main Pool
11:30 - 12:30	Pass ten	Main Pool
14:00 - 15:00	Hitz Music Quiz	Gourmet Bar
15:00 - 16:00	Hi Impact Aerobics	Fitness Center
16:30 - 17:30	Beach Games	Beach Club

\* PLEASE NOTE  
All complimentary outdoor activities program will change without notice depending weather condition.

Special Activity for Squba Intro, Power Basic Yoga and All Bicycle tour should be book one day advance are required.



For more information please call Recreation at ext 783

