



pullman
HOTELS AND RESORTS

CIAWI VIMALA HILLS

ADULTS ACTIVITIES

To support and in line with Indonesian government's appeal for "Physical Distancing" policy, "Activities & Entertainment" Department's programs limits up to 3 participants / program.

Please reserve in advance for the usage of facilities and to participate in the programs of "Activity and Entertainment Department" by dialling 0 (zero) for Operator or direct WA to our "Activity and Entertainment Team at +62 821 1822 1552

| | 08.00 | | 15.00 | | 17.00 | | | |
|-----------|---|--|---|--|--|--|---|--|
| MONDAY | Nature Walk Meeting Point : Lobby / Reception Max. Participant : 3 | | Towel Art Meeting Point : Family Pool / Damar Max. Participant : 3 | | Stretching Class Meeting Point : Garden A Max. Participant : 3 | | | |
| TUESDAY | Walking and Yoga Meeting Point : Lobby / Reception Max. Participant : 3 | | Dart Competition Meeting Point : Tea Lounge Max. Participant : 3 | | Fit Trail Workout Meeting Point : Garden A Max. Participant : 3 | | | |
| WEDNESDAY | Jogging Meeting Point : Lobby / Reception Max. Participant : 3 | | Segway Lesson Meeting Point : Lobby Max. Participant : 3 | | Power Walk Meeting Point : Lobby / Reception Max. Participant : 3 | | | |
| THURSDAY | Fit Trail Workout Meeting Point : Garden A Max. Participant : 3 | | Ping Pong Competition Meeting Point : Tea Lounge Max. Participant : 3 | | Yoga Meeting Point : Infinity Pool Max. Participant : 3 | | | |
| FRIDAY | Circuit Training Meeting Point : Garden A Max. Participant : 3 | | Towel Art Meeting Point : Family Pool / Damar Max. Participant : 3 | | Nature Walk Meeting Point : Lobby Max. Participant : 3 | | | |
| | 08.00 | | 13.00 | | 15.00 | | 17.00 | |
| SATURDAY | Nature Walk Meeting Point : Lobby / Reception Max. Participant : 3 | | Towel Art Meeting Point : Family Pool / Damar Max. Participant : 3 | | Stretching Class Meeting Point : Tea Lounge Max. Participant : 3 | | Fit Trail Workout Meeting Point : Garden A Max. Participant : 3 | |
| SUNDAY | Walking and Yoga Meeting Point : Lobby / Reception Max. Participant : 3 | | Ping Pong Competition Meeting Point : Tea Lounge Max. Participant : 3 | | High Intensity Workout Meeting Point : Garden A Max. Participant : 3 | | Jogging Meeting Point : Lobby / Reception Max. Participant : 3 | |



| | 10.00 | 14.00 |
|-----------|--|--|
| MONDAY | Segway Lesson Meeting Point: Tea Lounge Max. Participant: 3 | Towel Art Meeting Point: Family Pool / Damar Max. Participant: 3 |
| TUESDAY | Dart Challenge Meeting Point: Tea Lounge Max. Participant: 3 | Ping Pong Lesson Meeting Point: Tea Lounge Max. Participant: 3 |
| WEDNESDAY | Towel Art Meeting Point: Family Pool / Damar Max. Participant: 3 | Segway Lesson Meeting Point: Lobby Max. Participant: 3 |
| THURSDAY | Chess Competition Meeting Point: Tea Lounge Max. Participant: 3 | Jengga Challenge Meeting Point: Tea Lounge Max. Participant: 3 |
| FRIDAY | Dart Competition Meeting Point: Tea Lounge Max. Participant: 3 | Towel Art Meeting Point: Family Pool / Damar Max. Participant: 3 |
| | 10.00 | 14.00 |
| SATURDAY | Segway Lesson Meeting Point: Lobby Max. Participant: 3 | Ping Pong Lesson Meeting Point: Tea Lounge Max. Participant: 3 |
| SUNDAY | Fun Walk Meeting Point: Teens Club Max. Participant: 3 | Water Pong Meeting Point: Family Pool Max. Participant: 3 |



CIAWI VIMALA HILLS

KIDS ACTIVITIES

To support and in line with Indonesian government's appeal for "Physical Distancing" policy, "Activities & Entertainment" Department's programs limits up to 3 participants / program.

Please reserve in advance for the usage of facilities and to participate in the programs of "Activity and Entertainment Department" by dialing 0 (zero) for Operator or direct WA to our "Activity and Entertainment Team at +62 821 1822 1552

| | 09:00 | | 12:00 | |
|-----------|---|--|---|---|
| MONDAY | Origami Time Meeting Point : Damar Max. Participant : 3 | | Wood Stick Creation Meeting Point : Damar Max. Participant : 3 | |
| TUESDAY | Kids Yoga Meeting Point : Family Pool Max. Participant : 3 | | Cupcake Decoration Meeting Point : Damar Max. Participant : 3 | |
| WEDNESDAY | Origami Time Meeting Point : Damar Max. Participant : 3 | | Coloring Meeting Point : Damar Max. Participant : 3 | |
| THURSDAY | Balloon Creation Meeting Point : Damar Max. Participant : 3 | | Paper Plate Creation Meeting Point : Damar Max. Participant : 3 | |
| FRIDAY | Origami Time Meeting Point : Damar Max. Participant : 3 | | Leaves Art Meeting Point : Damar Max. Participant : 3 | |
| | 09.00 | | 12.00 | 16.00 |
| SATURDAY | Cookies Making Meeting Point Damar Max. Participant : 3 | | Coloring Meeting Point Lobby Max. Participant : 3 | Jewellery Creation Meeting Point Damar Max. Participant : 3 |
| SUNDAY | Kids Yoga Meeting Point Family Pool Max. Participant : 3 | | Wood Stick Creation Meeting Point Damar Max. Participant : 3 | Drawing Meeting Point Damar Max. Participant : 3 |

MORNING WALK & YOGA



**Combination between
nature walk and yoga**

*Lobby / Reception
Tuesday and Sunday
08.00*

Please reserve in advance for the usage of facilities and to participate in the programs of "Activity and Entertainment Department" by dialing 0 (zero) for Operator or direct WA to our "Activity and Entertainment Team at +62 821 1822 1552

WALL CLIMBING

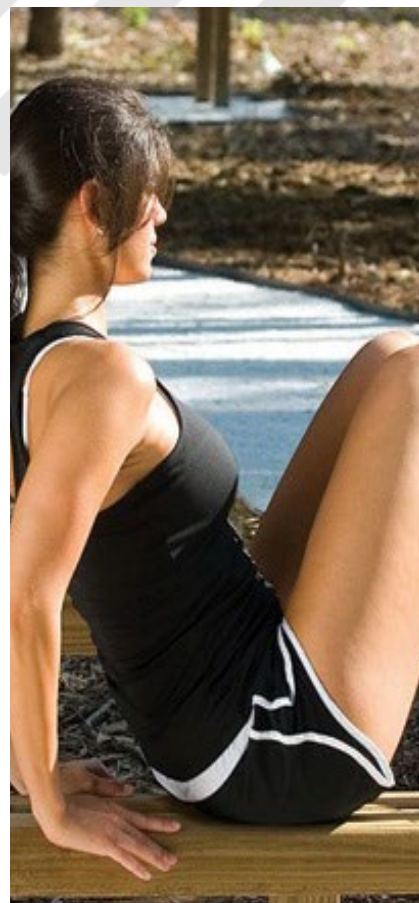
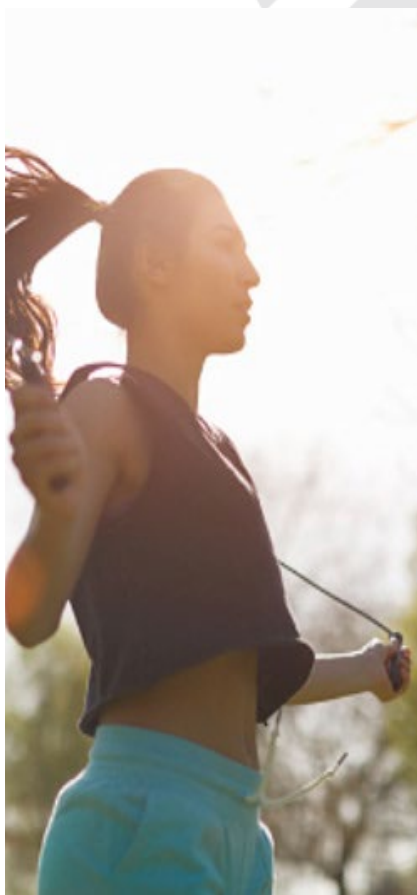


**Flexibility and core
strength for climbing**

*Family Pool
Everyday
09.00 – 17.00*

Please reserve in advance for the usage of facilities and to participate in the programs of "Activity and Entertainment Department" by dialing 0 (zero) for Operator or direct WA to our "Activity and Entertainment Team at +62 821 1822 1552

FIT TRAIL WORK OUT



The trail consists of five fitness stations,
It offers an alternative fitness
experience to the gym or going
for a run with a more dynamic,
invigorating routine.

Garden Wing A

Tuesday
17.00

Thursday
08.00

Saturday
17.00

*Please reserve in advance for the usage of facilities and to participate in the programs
of "Activity and Entertainment Department" by dialing 0 (zero) for Operator or
direct WA to our "Activity and Entertainment Team at +62 821 1822 1552*

LITTLE CHEF



CUPCAKE DECORATION

*Damar Restaurant
Tuesday
12.00*

COOKIES MAKING

*Damar Restaurant
Wednesday & Saturday
09.00*

MINI PIZZA

*Damar Restaurant
Sunday
16.00*

Please reserve in advance for the usage of facilities and to participate in the programs of "Activity and Entertainment Department" by dialing 0 (zero) for Operator or direct WA to our "Activity and Entertainment Team at +62 821 1822 1552