



**pullman**  
HOTELS AND RESORTS

CIAMY 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 5 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

	07:00 – 08.00		16.00 - 17.00	
MONDAY	<b>JOGGING</b> Meeting point Lobby Max. Participant : 5		<b>STRETCHING CLASS</b> Meeting point Garden Wing A Max. Participant : 5	
TUESDAY	<b>POWER WALK</b> Meeting point Lobby Max. Participant : 5		<b>FIT TRAIL WORKOUT</b> Meeting point Lobby Max. Participant : 5	
WEDNESDAY	<b>YOGA</b> Meeting point Garden Wing A Max. Participant : 5		<b>NATURE WALK</b> Meeting point Lobby Max. Participant : 5	
THURSDAY	<b>ABT CLASS</b> Meeting point Garden Wing A Max. Participant : 5		<b>JOGGING</b> Meeting point Lobby Max. Participant : 5	
FRIDAY	<b>YOGA</b> Meeting point Garden Wing A Max. Participant : 5		<b>BOOTCAMP TRAINING</b> Meeting point Garden Wing A Max. Participant : 5	
	07:00 – 08.00	10.00 - 11.00	15.00 - 16.00	16.00 - 17.00
SATURDAY	<b>POWER WALK</b> Meeting point Lobby Max. Participant : 5	<b>TABATA</b> Meeting point Garden Wing A Max. Participant : 5	<b>STRECHING CLASS</b> Meeting point Garden Wing A Max. Participant : 5	<b>FIT TRAIL WORKOUT</b> Meeting point Lobby Max. Participant : 5
SUNDAY	<b>YOGA</b> Meeting point Garden Wing A Max. Participant : 5	<b>ABT CLASS</b> Meeting point Garden Wing A Max. Participant : 5	<b>NATURE WALK</b> Meeting point Lobby Max. Participant : 5	<b>CIRCUIT TRAINING</b> Meeting point Garden Wing A Max. Participant : 5



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HOTELS AND RESORTS  
CIAMY YUNALIA HILLS

## TEENS ACTIVITIES

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**08:00 – 09.00** **17.00 - 18.00**

**MONDAY**

**FUN WALK**  
Meeting point  
TEENS CLUB  
Max. Participant : 5

**SEGWAY LESSON**  
Meeting point  
TEENS CLUB  
Max. Participant : 5

**TUESDAY**

**WALL CLIMBING**  
Meeting point  
WALL CLIMBING AREA  
Max. Participant : 5

**PING PONG TOURNAMENT**  
Meeting point  
TEENS CLUB  
Max. Participant : 5

**WEDNESDAY**

**YOGA**  
Meeting point  
TEENS CLUB  
Max. Participant : 5

**BILLIARD LESSON**  
Meeting point  
TEENS CLUB  
Max. Participant : 5

**THURSDAY**

**JOGGING**  
Meeting point  
TEENS CLUB  
Max. Participant : 5

**SEGWAY LESSON**  
Meeting point  
TEENS CLUB  
Max. Participant : 5

**FRIDAY**

**WALL CLIMBING**  
Meeting point  
WALL CLIMBING AREA  
Max. Participant : 5

**TOWEL ART**  
Meeting point  
TEENS CLUB  
Max. Participant : 5

**08:00 – 09.00** **09.00 - 10.00** **14.00 - 15.00** **17.00 - 18.00**

**SATURDAY**

**FUN WALK**  
Meeting Point  
TEENS CLUB  
Max. Participant : 5

**BILLIARD LESSON**  
Meeting Point  
TEENS CLUB  
Max. Participant : 5

**BALLOON CREATION**  
Meeting Point  
TEENS CLUB  
Max. Participant : 5

**SEGWAY LESSON**  
Meeting Point  
TEENS CLUB  
Max. Participant : 5

**SUNDAY**

**WALL CLIMBING**  
Meeting Point  
WALL CLIMBING AREA  
Max. Participant : 5

**PING PONG TOURNAMENT**  
Meeting Point  
TEENS CLUB  
Max. Participant : 5

**TOWEL ART**  
Meeting Point  
TEENS CLUB  
Max. Participant : 5

**YOGA**  
Meeting Point  
TEENS CLUB  
Max. Participant : 5



CIAMY VIMALA HILLS

# KIDS ACTIVITIES

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	09:00 - 10.00		15.00 - 16.00	
MONDAY	<b>KIDS YOGA</b> Meeting point KIDS PLAYGROUND Max. Participant : 5		<b>WOOD STICK CREATION</b> Meeting point KIDS PLAYGROUND Max. Participant : 5	
TUESDAY	<b>WALL CLIMBING</b> Meeting point WALL CLIMBING AREA Max. Participant : 5		<b>CUPCAKE DECORATION</b> Meeting point KIDS PLAYGROUND Max. Participant : 5	
WEDNESDAY	<b>BALLOON CREATION</b> Meeting point KIDS PLAYGROUND Max. Participant : 5		<b>COLORING</b> Meeting point KIDS PLAYGROUND Max. Participant : 5	
THURSDAY	<b>KIDS YOGA</b> Meeting point KIDS PLAYGROUND Max. Participant : 5		<b>ORIGAMI</b> Meeting point KIDS PLAYGROUND Max. Participant : 5	
FRIDAY	<b>WALL CLIMBING</b> Meeting point WALL CLIMBING AREA Max. Participant : 5		<b>JEWELLERY ART</b> Meeting point KIDS PLAYGROUND Max. Participant : 5	
	09:00 - 10.00	11:00 - 12.00	13.00 - 14.00	15.00 - 16.00
SATURDAY	<b>KIDS YOGA</b> Meeting point KIDS PLAYGROUND Max. Participant : 5	<b>COLORING</b> Meeting point KIDS PLAYGROUND Max. Participant : 5	<b>BALLOON CREATION</b> Meeting point KIDS PLAYGROUND Max. Participant : 5	<b>MAKING COOKIES</b> Meeting point KIDS PLAYGROUND Max. Participant : 5
SUNDAY	<b>WALL CLIMBING</b> Meeting point WALL CLIMBING AREA Max. Participant : 5	<b>CUPCAKE DECORATION</b> Meeting point KIDS PLAYGROUND Max. Participant : 5	<b>ORIGAMI</b> Meeting point KIDS PLAYGROUND Max. Participant : 5	<b>MINI PIZZA</b> Meeting point KIDS PLAYGROUND Max. Participant : 5