

## SCHEDULE

| WOMEN'S LIFE CAMP BALI 2020 |   |                                      |   |   |   |                                     |                                   |   |                      |   |                     |                         |
|-----------------------------|---|--------------------------------------|---|---|---|-------------------------------------|-----------------------------------|---|----------------------|---|---------------------|-------------------------|
|                             | CHECK-IN DAY  | DAY II                               | DAY III   | DAY IV                                  | DAY V                                   | DAY VI                              | DAY VII                           | DAY VIII  | DAY IX               | DAY X                                       | DAY XI /CHECK-OUT   |                         |
| 07:00                       | TRANSFER FROM THE AIRPORT, WELCOME DINNER, ORGANIZATIONAL MEETING | YOGA                                 | JOGGING   | YOGA                                    | JOGGING                                 | YOGA IN THE TEMPLE                  | SUNRISE VOLCANOES TRAINING        | JOGGING   | YOGA                 | JOGGING                                     | STRECHING           |                         |
| 08:30                       |   | BREAKFAST                            | BREAKFAST                                       | BREAKFAST                               | BREAKFAST                               | BREAKFAST                           | BREAKFAST                         | BREAKFAST                                       | BREAKFAST            | BREAKFAST                                   | BREAKFAST           |                         |
| 09:30                       |   | MORNING WALK                         | TRIP TO RICE TERRACES, SWING, COFFEE PLANTATION | TRAINING AT THE VIRGIN BEACH, FREE TIME | BALINESE DANCE WORKSHOP                 | FITNESS CLASS                       | FITNESS CLASS                     | BALINESE CULTURE WORKSHOP                       | FITNESS CLASS        | FITNESS CLASS                               | FITNESS CLASS       | TRANSFER TO THE AIRPORT |
| 11:00                       |   | SWIMMING POOL/FREE TIME              |   |   |   |                                     |                                   |   |                      |   |                     |                         |
| 12:30                       |   | FITNESS CLASS                        | LUNCH AT THE COFFEE PLANTATION (NOT INCLUDED)   | LUNCH ON THE BEACH (NOT INCLUDED)       | LUNCH AT THE STREET FOOD (NOT INCLUDED) | ART. WORKSHOP AT I MADE ADA + LUNCH | LUNCH AT THE RESORT               | LUNCH AT THE RESORT                             | LUNCH AT THE RESORT  | LUNCH AT STREET FOOD (NOT INCLUDED)         | LUNCH AT THE RESORT |                         |
| 14:00                       |   | LUNCH AT THE RESORT                  |   |   |   |                                     |                                   |   |                      |   |                     |                         |
| 16:30                       |   | FITNESS CLASS (TEMPLES)              | FITNESS CLASS                                   | FITNESS CLASS                           | ART. WORKSHOP PART 2.                   | TRIP TO UBUD                        | FITNESS CLASS WITH BALINESE GROUP | FITNESS CLASS                                   | RUNNING CLASS        |   |                     |                         |
| 18:30                       |   | DINNER AT STREET FOOD (NOT INCLUDED) | DINNER AT THE RESORT                            | DINNER AT THE RESORT                    | DINNER AT THE RESORT                    | DINNER AT THE RESORT                | DINNER IN UBUD (NOT INCLUDED)     | DINNER AT THE LOCAL NIGHT MARKET (NOT INCLUDED) | DINNER AT THE RESORT | BALINESE CUISINE WORKSHOP (DINNER INCLUDED) |                     |                         |
| 19:30                       |   |                                      |   |   | SPA                                     | SPA                                 |                                   |   |                      |   |                     |                         |

