

RECREATION ACTIVITIES JOURNEY

DAILY WATER ACTIVITIES AVAILABLE 9 AM - 5 PM, DEPENDS ON WEATHER CONDITION
 *** IS CHARGEABLE ACTIVITY
 BOOK IN ADVANCE FOR BETTER EXPERIENCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

6 AM - 7 AM
 Sunrise Yoga & Meditation
 Venue: Salang Hill

5 AM - 6.30 AM
 Sunrise Trekking
 Venue: Amelia Hill

6 AM - 7 AM
 Sunrise Yoga & Meditation
 Venue: Salang Hill

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 Sunrise Trekking
 Venue: Amelia Hill

6 AM - 7 AM
 Sunrise Yoga & Meditation
 Venue: Salang Hill

5 AM - 6.30 AM
 Sunrise Trekking
 Venue: Amelia Hill

6 AM - 7 AM
 Sunrise Yoga & Meditation
 Venue: Salang Hill

8 AM - 9 AM
 Partner Work Out
 Venue: Fitness Center

8 AM - 9 AM
 Boxing Training
 Venue: Fitness Center

8 AM - 9 AM
 Functional Training
 Venue: Fitness Center

8 AM - 9 AM
 Circuit Training
 Venue: Fitness Center

8 AM - 9 AM
 Bodyweight Strenght Training
 Venue: Fitness Center

8 AM - 9 AM
 Kick Boxing
 Venue: Fitness Center

8 AM - 9 AM
 Core Workout
 Venue: Fitness Center



10 AM - 11 AM
 Swimming Lesson
 Venue: Olympic Pool



10 AM - 11 AM
 Swimming Lesson
 Venue: Olympic Pool



10 AM - 11 AM
 Swimming Lesson
 Venue: Olympic Pool



2 PM - 3.30 PM
 Exploring Manggarian,
 Traditional Attire & Culture
 Venue: Library



2 PM - 3 PM
 Explore Manggarain
 Traditional Attire & Culture
 Venue: Library

2 PM - 2.30 PM
 Komodo Kingdom's Introduction
 Venue: Library

2 PM - 3 PM
 Explore Manggarain
 Traditional Attire & Culture
 Venue: Library



2 PM - 2.30 PM
 Komodo Kingdom's Introduction
 Venue: Library

3 PM - 4 PM
 Water Activities
 Venue: Jetty

3 PM - 3.30 PM
 Marine Biology Talks
 Venue: Angkringan

3.30 PM - 4 PM
 Weekly Epicurean Sopi Masterclass
 Venue: Angkringan

3 PM - 3.30 PM
 Marine Biology Talks
 Venue: Angkringan



3 PM - 3.30 PM
 Marine Biology Talks
 Venue: Angkringan



4 PM - 5 PM
 A Coloring Exploration
 Venue: Pendopo



4 PM - 5 PM
 A History of Labuan Bajo
 Venue: Pendopo



4 PM - 5 PM
 Water Activities
 Venue: Jetty



5:30 PM - 6.30 PM
 Sunset Yoga & Meditation
 Venue: Salang Hill

5:30 PM - 6.30 PM
 Sunset Trekking
 Venue: Amelia Hill

5:30 PM - 6.30 PM
 Sunset Yoga & Meditation
 Venue: Salang Hill

5:30 PM - 6.15 PM
 Destination Discovery
 Venue: Amphiteather

5:30 PM - 6.30 PM
 Sunset Yoga & Meditation
 Venue: Salang Hill

5 PM - 6.30 PM
 Sunset Trekking
 Venue: Amelia Hill

5 PM - 6 PM
 Sunset Yoga & Meditation
 Venue: Salang Hill

5.30 PM - 6.30 PM
 Daily Epicurean - Sunset Ritual
 Venue: Nera

5.30 PM - 6.30 PM
 Daily Epicurean - Sunset Ritual
 Venue: Nera

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 Venue: Nera

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 Daily Epicurean - Sunset Ritual
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