

# Resort Daily Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 - Onwards	10:00 - 11:00	8:30 - Onwards	7:30 - Onwards	8:30 - Onwards	7:30 - Onwards	7:00 - Onwards
Heart of Bali* IDR 1.500K/pax minimum 2 pax	Water Tug War	Catamaran Cruise* IDR 2.100K/pax minimum 2 pax	East of Bali* IDR 1.700K/pax minimum 2 pax	Roots of Bali* IDR 1.450K/pax minimum 2 pax	Quad Biking* SOLO: IDR 1.550K/pax TANDEM: IDR 2.100K in total	E-Biking in Jatiluwih* IDR 1.180K/pax minimum 2 pax
10:00 - 11:00	10:00 - 17:00	10:00 - 11:00	10:00 - 11:00	10:00 - 11:00	10:00 - 11:00	9:00 - 12:00
Water Stretching	Water Scooter Rental***	Water Stretching	Balancing Board	Water Stretching	Water Tug War	Floating Brunch IDR 460K++/pax minimum 2 pax
10:00 - 17:00	11:00 - 12:00	10:00 - 17:00	11:00 - 12:00	10:00 - 17:00	11:00 - 12:00	10:00 - 11:00
Water Scooter Rental***	Water Basketball	Water Scooter Rental***	Water Polo	Water Scooter Rental***	Water Basketball	Water Stretching
11:00 - 12:00	14:00 - 15:00	11:00 - 12:00	14:00 - Onwards	11:00 - 12:00	14:00 - 15:00	11:00 - 12:00
Balancing Board	Pool Bar Games: GIANT JENGA	Water Basketball	Uluwatu Kecak Dance* IDR 950K/pax minimum 2 pax	Water Volleyball	Pool Bar Games: DART TOURNAMENT	Balancing Board
14:00 - 15:00	15:00 - 16:00	14:00 - 15:00	14:00 - 15:00	14:00 - 15:00	15:00 - 16:00	14:00 - 15:00
Balinese Offering and Temple Visit	Relax and Release Shoulder Tension by eforea Spa (5 mins.)	Pool Bar Games: CUP TOSS CHALLENGE	Pool Bar Games: HOLE IN ONE	Pool Bar Games: CORN HOLE	Wooden Carving by Carving Artist	Pool Bar Games: HOLE IN ONE
15:00 - 16:00	17:00 - 18:00	15:00 - 16:00	15:00 - 16:00	15:00 - 16:00	16:00 - 17:00	15:00 - 16:00
Egg Painting** IDR 150K/egg	Yoga for Beginner	Art Painting by Painting Specialist** IDR 150K/canvas	Wooden Carving by Carving Artist	Relax and Release Shoulder Tension by eforea Spa (5 mins.)	Yoga for Beginner	Wooden Carving by Carving Artist
17:00 - 18:00	18:00 - 22:00	17:00 - 18:00	17:00 - 18:00	17:00 - 18:00	17:00 - Onwards	17:00 - 18:00
Yoga for Beginner	Balinese BBQ Dinner IDR 625K++/pax	Yoga for Beginner	Yoga for Beginner	Yoga for Beginner	Pantaipicnic from IDR 850K++/pax	Yoga for Beginner
17:00 - Onwards	18:00 - 22:00	18:00 - 22:00	18:00 - 22:00	18:00 - 22:00	18:00 - 22:00	18:00 - 22:00
Flame and Fork IDR 625K++/pax	Spice and Grind IDR 625K++/pax	Fiesta del Sabor IDR 625K++/pax	Flame and Fork IDR 625K++/pax	Spice and Grind IDR 625K++/pax	Taste of Spain IDR 650K++/pax	Fiesta del Sabor IDR 625K++/pax

\* Outside activities by Jans Tour. Prices may vary | \*\* Guided by artist with additional charge | \*\*\* Additional charge every 30 minutes

# Signature Wellness Experiences



## ACTIVE

**Private Yoga**  
60 mins | IDR 565.000\*\* per person

A private yoga session offers personalized guidance tailored to your level, goals, and comfort. It provides focused attention to deepen your practice, improve alignment, and enhance overall wellbeing.

**Personal Trainer**  
60 mins | IDR 565.000\*\* per person

Provides one-on-one coaching tailored to your fitness level, goals, and abilities. Each session focuses on improving strength, mobility, and overall health through guided, effective exercises.

**Cardio Boxing**  
60 mins | IDR 565.000\*\* per person

Cardio boxing combines boxing-inspired movements with high-energy conditioning to build strength, stamina, and coordination. This dynamic workout boosts cardiovascular fitness while delivering a fun, empowering full-body session.



## WELLNESS

**Chakra Balancing Healing**  
60 mins | IDR 1.400.000\*\* per person

Guided spiritual chakra balancing session. Systematic holistic treatment using a crystal, pendulum, tibetan bowl and unique inner energy treatment to give a deep healing to the body, mind and spirit.

**Sound Bath Healing**  
60 mins | IDR 1.400.000\*\* per person

Experience deep relaxation through the healing vibrations of sound bowls and chimes. These frequencies calm the mind, release tension, and restore balance. Lie back and let soothing tones guide you into a meditative state of total wellbeing.

**Reiki Healing**  
60 mins | IDR 1.400.000\*\* per person

Energy-healing session, uses an ancient Japanese technique called palm healing to be transferred to the patient in order to encourage emotional or physical healing.

## DESCRIPTIONS

### OUTSIDE ACTIVITIES BY JANS TOUR:

- **Heart of Bali**  
Temple visit on a volcano's slopes, explore a UNESCO World Heritage Site, and soak in volcanic hot springs.
- **E-Biking in Jatiluwih**  
An electric bike experience at Jatiluwih, a UNESCO World Heritage Site.
- **East of Bali**  
Home to ancient handicrafts, sacred sites, and secluded beaches, Bali's eastern shore is a feast for the eyes and a real treat for explorers.
- **Roots of Bali**  
Visit Bali Countryside to learn about Subak farming and visiting a beautiful and historic temple.
- **Quad Biking**  
Enjoy the Quad bike ride through the beautiful Balinese countryside.
- **Catamaran Cruise**  
Sit back and enjoy the breathtaking ocean view as you sail tranquilly towards Lembongan Island.
- **Tanah Lot Sunset**  
One of Bali's most iconic sites with spiritual discovery at a sacred temple, followed by enjoying unforgettable sunsets.
- **Uluwatu Kecak Dance**  
Bali's spectacular Kecak dance, performed at the island's sacred Uluwatu temple in an amphitheatre overlooking the Indian Ocean.

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### Some Points to Note:

- Booking is essential for outside activities (\*) and subject to availability. Book directly to Jans Tour at Lobby Level. More choices of activities available.
- Outdoor activities are subject to weather conditions. Please wear suitable and comfortable attire to suit with your chosen activities. Sun protection is suggested.
- All prices with ++ are subject to service charge and government taxes. Prices might be changed without prior notice.
- For further informations, you can contact our team at MAGIC or dial "0".

### KIDS CLUB:

- The Kids Club of Hilton Bali Resort is specially designed with natural and artificial jungle materials to provide kids with interesting, adventurous, fun and memorable holiday experience.



SCAN HERE FOR  
KIDS CLUB SCHEDULE

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