



P A D M A
SEMARANG

HOTEL ACTIVITY SCHEDULE

Time / Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am-8am	Morning Beginner Yoga						
8.30am - 9.30am	Aerial Yoga						
10am-11am	Personal Trainer Session (Max 2 Persons)						
3pm-4pm						Latte Art	Latte Art
4pm-5pm						Animal Towel	
5pm-6pm	Tabata	Basic Boxing	Fun Aerobic	Core Power	Fighter Stretching	CrossFit	Basic Weight Training

Venue : Fitness Centre

Patrons must be 17 years or over

Reservation is mandatory at least one day prior to selected activities

For more information and reservation, please contact Guest Service Centre