



THE MULIA  
MULIA RESORT & VILLAS  
NUSA DUA - BALI



Sports & Leisure  
Activities

# Fitness Center Timetable

## at Fitness Center

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 - 7.45 AM	Hatha Yoga	Tai Chi	Yin & Yang Yoga	Vinyasa Yoga	Iyengar Yoga	Jiva Mukti Yoga	Kundalini Yoga Meditation
8 - 8.45 AM	Morning Stretch	Pilates	Stability Ball Stretch	Be Balance	Morning Stretch	Pilates	Stability Ball Stretch
11 - 11.30 AM	Fun Water Aerobics	Fun Water Aerobics	Fun Water Aerobics	Fun Water Aerobics	Fun Water Aerobics	Fun Water Aerobics	Fun Water Aerobics
5 - 5.45 PM	Trampoline Workout	Zumba Fitness	TABATA	Total Body Workout	Celebrity Shape	Combat	Zumba Fitness
6 - 6.45 PM	Vinyasa Yoga	Kundalini Yoga Meditation	Jiva Mukti Yoga	Ashtanga Yoga	Hatha Yoga	Fun Yoga	Yin & Yang Yoga

### MORNING STRETCH

Structured poses and stretches to get you ready for the day ahead.

### COMBAT

An intense workout that combines punches, kicks and martial arts moves.

### ZUMBA FITNESS

This dance fitness class is super fun and energetic. Guaranteed to make you feel amazing.

### CELEBRITY SHAPE

Learn on Celebrity Workout routines, Fitness plans and trends, Exercise tips and more.

### PILATES

Create the new you! Improve your posture, flexibility, and strength with this body conditioning method.

### VINYASA YOGA

Focuses on the coordination of breath and movement, a very physically active form of yoga.

### TOTAL BODY WORKOUT

A program of muscle toning, incorporate techniques designed to improve flexibility, posture and balance.

### COUPLE YOGA

The basic definition of yoga is yoke or union – the work of uniting your mind, body and spirit. Much like Tantra, partner/couples yoga deepens the practice by including your lover, friend or family member, in postures where breathing and moving together is key. The benefits of practicing yoga with a partner are endless, but some include improved levels of communication, deeper expressions of postures and the encouragement of trust.

### JIVAMUKTI YOGA

The Jivamukti Yoga method is a proprietary style of modern yoga. Jivamukti is a physical, ethical, and spiritual practice, combining a vigorous hatha yoga, vinyasa-based physical style.

### STABILITY BALL

Stimulate your body's natural motor reflexes and encourage it to react as a whole, integrated unit by maintaining proper alignment on the stability ball.

### KUNDALINI YOGA MEDITATION

A series of postures to help you concentrate on awakening the energy at the base of the spine and drawing it upward. The class will also include chanting, meditation, and breathing exercises.

### HATHA YOGA

This session includes the practice of asanas (yoga postures) and pranayama (breathing exercises), which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation.

### YING YANG

Slow- paced yoga style which the posture held longer from 2 minutes to 5 minutes. The goal is to increase circulation in the joints and improve flexibility.

### BE BALANCE

Class will teach you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises. You'll strengthen your entire body and leave the class feeling calm and centered. Happy.

### FUN YOGA

Super fun yoga flow is for flexibility and is a totally refreshing way to open up and release your tight muscles.

All activities may change without prior notice.

Advance booking is required 24 hours prior to the activity.

To ensure a proper warm up, please attend the class 10 minutes prior to schedule.

For further information or activities booking, please contact the Fitness Center at ext. 6730.

### TAI CHI

Tai Chi is an ancient Chinese art and one of the most effective exercises for a healthy mind, body, and soul. With a great depth of knowledge and skills, it can be easily learned and offers extensive health benefits

### ASHTANGA YOGA

By synchronizing breathing with progressive and continuous series of posture, this yoga class helps produce intense internal heat and profuse, purifying sweat to help detoxify muscles and organs. Improving circulation, flexibility, stamina, strength, and achieving a calm mind.

### TRAMPOLINE WORKOUT

Get ready to jump! You can torch 160 calories in half an hour of jumping on your mini-trampoline, and it's low-impact, too. "You get an amazing workout and it's so much fun. This move will get your heart rate up and give you a great workout.

### TABATA

Tabata training is a high-intensity interval training (HIIT) workout, featuring exercises that last four minutes.

Increase strength, Lose weight, Improve flexibility, or build muscle as long as you stick to the plan.



### FUN WATER AEROBIC (Meet at Courtyard Pool)

Monday - Sunday: 11 AM - 11.30 AM

Aerobic exercises performed in the swimming pool.



### BEACH WORKOUT (Meet at Middle Beach)

Sunday: 4 PM - 4.45 PM

Maximum capacity 25 people

(Booking is require at Fitness Center at the same day)



### TENNIS FOR BEGINNERS Monday & Saturday: 5 PM - 6 PM

Learn the basics in this tennis introduction.

### SOCIAL TENNIS Thursday: 5 PM - 6 PM

An enjoyable game for all levels of ability.

### TENNIS CLINIC Friday: 5 PM - 6 PM

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