

HOTEL KOMUNE

WEEKLY CALENDAR

WHERE IT'S AT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
BEACH CLUB	TRY OUR <u>SUNRISE BREAKFAST</u> - OPEN DAILY FROM 6 am.....COFFEE IS ON!						BLOODY MARY DAY 100K ++ ALL DAY	"SANGRIA SUNDAY" 250K ++ 1 Ltr ALL DAY POOLSIDE WING'S & MONSTER KEBAB BBQ @12.00 to 2.30pm LIVE DJ @2.00 to 5.00pm	
	"Beach Club Happy Hour 4-5pm daily Buy 1 get 1 Free"								
	<i>CHECK THE BOARD FOR SPECIALS</i>	CHEF'S PASTA NIGHT @ RESTAURANT FROM 6.00pm			INDONESIAN MENU LIVE COOKING @ RESTAURANT FROM 6.00pm				
KOMUNE KIDS	08.00 AM - 12.00 PM SESSION 1	08.00 AM - 12.00 PM SESSION 2	08.00 AM - 12.00 PM SESSION 3	08.00 AM - 12.00 PM SESSION 4	08.00 AM - 12.00 PM SESSION 5	08.00 AM - 12.00 PM SESSION 6	08.00 AM - 12.00 PM SESSION 7		
	01.00 PM - 05.00 PM SESSION 2	01.00 PM - 05.00 PM SESSION 3	01.00 PM - 05.00 PM SESSION 4	01.00 PM - 05.00 PM SESSION 5	01.00 PM - 05.00 PM SESSION 6	01.00 PM - 05.00 PM SESSION 7	01.00 PM - 05.00 PM SESSION 8		
	FREE NIGHTLY KIDS MOVIES ON LAWN @ 7 pm YOU CAN EAT IN PEACE ;-)								
CHECK BLACKBOARD OR ASK FRONT DESK FOR LOCATIONS	FIT	7.30 AM - 8.30 AM FUNCTIONAL FITNESS	7.30 AM - 8.30 AM HIIT CIRCUIT	7.30 AM - 8.30 AM SPIN FLEX	7.30 AM - 8.30 AM CARDIO BOX	7.30 AM - 8.30 AM BODY WEIGHT TRAINING	7.30 AM - 8.30 AM FUNCTIONAL FITNESS	7.30 AM - 8.30 AM HIIT CIRCUIT	
		8.30 AM - 9.30 AM FUNCTIONAL FITNESS	8.30 AM - 9.30 AM HIIT CIRCUIT	8.30 AM - 9.30 AM SPIN FLEX	8.30 AM - 9.30 AM CARDIO BOX	8.30 AM - 9.30 AM BODY WEIGHT TRAININ	8.30 AM - 9.30 AM FUNCTIONAL FITNESS	8.30 AM - 9.30 AM HIIT CIRCUIT	
		3.30 PM - 4.30 PM STRETCH & ROLL		3.30 PM - 4.30 PM STRETCH & ROLL		3.30 PM - 4.30 PM STRETCH & ROLL			
	YOGA	8.30 - 9.30 AM PRECISE ALIGNMENT VINYASA WITH NICOLE	8.30 - 9.30 AM PRECISE ALIGNMENT VINYASA WITH NICOLE	8.30 - 9.30 AM PRECISE ALIGNMENT VINYASA WITH NICOLE	8.30 - 9.30 AM PRECISE ALIGNMENT VINYASA WITH NICOLE	8.30 - 9.30 AM PRECISE ALIGNMENT VINYASA WITH NICOLE	8.30 - 9.30 AM PRECISE ALIGNMENT VINYASA WITH NICOLE	8.30 - 9.30 AM IYENGAR WITH LISA	8.30 - 9.30 AM IYENGAR WITH LISA
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		3.30 PM - 4.30 PM HATHA FLOW WITH LIA	3.30 PM - 4.30 PM IYENGAR WITH LISA	3.30 PM - 4.30 PM IYENGAR WITH LISA	3.30 PM - 4.30 PM IYENGAR WITH LISA	3.30 PM - 4.30 PM HATHA FLOW WITH LIA	3.30 PM - 4.30 PM IYENGAR WITH LISA	3.30 PM - 4.30 PM IYENGAR WITH LISA	

Fitness & Yoga @ Hotel Komune

VINYASA:

Also known as “flow” yoga, Vinyasa yoga is an active, dynamic style of yoga that uses the breath to coordinate ones movements smoothly from one posture to the next. Expect to create some inner heat and sweat.

IYENGAR:

A traditional form of yoga developed and popularized by B.K.S Iyengar. In an Iyengar yoga class, you can expect to have less flow and sweat and more focus on precise alignment and longer holds in postures. Known for utilizing a variety of props in class to make postures available to all levels.

RESTORATIVE:

A quiet and extremely relaxing style of yoga meant to nourish and rejuvenate the body and mind. A restorative yoga class is very static with very little movement involved. Postures are held passively while being supported by props such as bolsters and blocks. Restorative yoga will leave you feeling deeply relaxed.

DYNAMIC HATHA

Combines the strength of held postures and the serenity of breath directed movement, resulting in deep, relieved relaxation.

MEDITATION:

Meditation is the practice of turning your attention to a single point of reference. It can involve focusing on the breath, on bodily sensations, or on a word or phrase known as a mantra. Meditation means turning your attention away from distracting thoughts and focusing on the present moment.

AERIAL YOGA

Hanging safely upside down laughing with some moves you didn't even dream possible. Yoga with a twist, come and try. [\(Private Booking\)](#)

YIN

A quiet, meditative yoga practice. Yin focuses on lengthening connective tissues.

Yin poses are all done on the floor and are held for longer periods of time to get into the deeper connective tissues. A great complement to very active forms of yoga and exercise. Yin yoga works into the deep meridian lines of the body to release energetic and physical blockages in the body and mind.

SUP YOGA: MUST BOOK

IN ADVANCE PRIVATE SESSION - POA

A fun and challenging way to practice yoga is to take it onto water! Stand Up Paddle (SUP) yoga promotes balance, strength and helps build greater awareness for weight distribution in postures. SUP yoga is an isometric workout that strengthens your core and is sure to bring a smile to your face.

PRIVATE YOGA (ON REQUEST)

Personal 1 on 1 yoga guidance from one of our highly qualified yoga teachers. Choose from Hatha, Iyengar, Prayama practitioners.

AYURVEDA (ON REQUEST)

DURING AN Ayurvedic consult, your unique constitution or “dosha” will be determined as well as any imbalances. During your consultation, expect to provide a detailed personal history of your digestion, diet, exercise, sleep, lifestyle, physical, features, relationships and occupation. You will then be given a personalized treatment plan including; diet, herbs, lifestyle, yoga, meditation, breathing techniques, daily rhythm's, purification, aromatherapy, sound, color and massage therapy to reestablish

FUNCTIONAL FITNESS

Duration 45 to 50 minutes

FF is a full body workout. The workout focuses on functional strength movements that improve full body mobility, strength and muscle tone while stimulating the cardio vascular system.

HIIT CIRCUIT TRAINING

Duration 45 minutes

A full body high intensity training session using a combination of free weight and bodyweight movements. This class is performed in circuit improves cardiovascular fitness and overall body conditioning.

CARDIO BOX

Duration 40 to 45 minutes

A fun and intense workout that uses a combination of boxing and various bodyweight exercise to improve cardiovascular fitness, muscular endurance and eye hand co-ordination.

BODYWEIGHT TRAINING

Duration 45 minutes

BW training takes you back to the basics but in no means does that mean it's easier. It is a full body toning, strengthening and cardiovascular workout that only uses your own bodyweight.

SPIN FLEX

Duration 40 – 45 minutes

A spinning bike based workout that also incorporates bodyweight and free weights. This combination of spin and flex delivers a full body toning and cardiovascular workout.

STRETCH AND ROLL

Duration 35 to 40 minutes

Full body stretch and foam roll class to help improve flexibility and reduce muscular tightness.

ABS AND CORE

Duration 35 to 40 minutes

A low intensity workout that focuses on strengthening the entire core chain which include the glutes, hamstrings, hip, flexors, abs and obliques.

DRY NEEDLE THERAPY (ON REQUEST)

Performed by a quality Dry needle therapist.

Dry needle therapy is used to help release tense, injured and fatigued muscles and tendons by reducing muscle spasms and increase blood flow to the effected area.

PRIVATE PERSONAL TRAINING (ON REQUEST)

Personal 1 on 1 training and fitness guidance from one of our highly qualified fitness professional's.

Includes the option of your personalized training program to help achieve your desired fitness result.

INNERSCAN BODY ANALYSIS (ON REQUEST)

A full body analysis which includes a digital body composition scan that measures body fat %, visceral fat, muscle and metabolic age. Full body circumference measurements, base blood glucose levels and blood pressure recordings.