

DAILY GUEST ACTIVITIES

EXPERIENCE SANUR IN HARMONY – FROM SUNRISE TO SUNSET

Our daily activities are thoughtfully curated to offer a gentle balance of relaxation and authentic Balinese experiences. From sunrise yoga on the beach and serene garden walks, to temple tours, cultural craft sessions, and enchanting evening showcases. Each day invites you to embrace the spirit of Sanur. Discover nature's beauty, connect with timeless traditions, and restore your well-being in the lush tranquility of Bali Beach Resort and The Meru Sanur.

MONDAY

NATURE & WELLNESS AWAKENING

06.00am-07.00am	Sunrise Yoga – Beach
08.00am-04.00pm	Perfect Your Golf Swing start from IDR 35K to 450K – Beach
11.00am-11.30am	Aqua Aerobic – Main Pool
02.00pm-03.00pm	Canang Sari Workshop – Activity Desk
04.00pm-05.00pm	Nature Walk – Activity Desk
05.30pm-6.30pm	Sunset Yoga – Activity Desk

TUESDAY

HERITAGE & HISTORY

06.00am-07.00am	Sunrise Tai Chi – Beach
08.00am-04.00pm	Perfect Your Golf Swing start from IDR 35K to 450K – Beach
11.00am-11.30am	Aqua Yoga – Main Pool
02.00pm-03.00pm	Resort & Heritage Tour – SK Lounge
04.00pm-05.00pm	Balinese Dance – Activity Desk
05.30pm-6.30pm	Sunset Culture Talk – Activity Desk

WEDNESDAY

UNWIND & RELAX

06.00am-07.00am	Sunrise Yoga Flow – Beach
08.00am-04.00pm	Perfect Your Golf Swing start from IDR 35K to 450K
11.00am-11.30am	Lontar Engrave with Tea – SK Lounge
02.00pm-03.00pm	Beautiful Bahasa – SK Lounge
04.00pm-05.00pm	Lino Cut Workshop – Activity Desk
05.30pm-6.30pm	Sunset Stretch – Activity Desk

THURSDAY

ART & COMMUNITY

06.00am-07.00am	Beach Walk & Breathing – Beach
08.00am-04.00pm	Perfect Your Golf Swing start from IDR 35K to 450K – Beach
11.00am-11.30am	Balinese Painting, IDR 250K – SK Lounge
02.00pm-03.00pm	Making Satay Lilit – IDR 300K – Arunika
04.00pm-05.00pm	Rindik Music Class – Activity Desk
05.30pm-6.30pm	Sunset Walk – Activity Desk

FRIDAY

OCEAN & PLAY

06.00am-07.00am	Sunrise Yoga – Beach
08.00am-04.00pm	Perfect Your Golf Swing start from IDR 35K to 450K – Beach
11.00am-11.30am	Ocean Painting, IDR 250K – SK Lounge
02.00pm-03.00pm	Incense Making – IDR 300K – SK Lounge
04.00pm-05.00pm	Garden Games – Activity Desk
05.30pm-6.30pm	Sunset Yoga – Activity Desk

SATURDAY

SPIRITUAL & CULTURE

06.00am-07.00am	Sunrise Tai Chi – Beach
08.00am-04.00pm	Perfect Your Golf Swing start from IDR 35K to 450K – Beach
11.00am-11.30am	Temple Visit and Storytelling – SK Lounge
02.00pm-03.00pm	Rindik Workshop – Activity Desk
04.00pm-05.00pm	Kwangen Making – Activity Desk
05.30pm-6.30pm	Sunset Walk – Activity Desk

SUNDAY

FAMILY & SERENITY

06.00am-07.00am	Sunrise Salutation – Beach
08.00am-04.00pm	Perfect Your Golf Swing start from IDR 35K to 450K – Beach
11.00am-11.30am	Coconut Creation, SK Lounge
02.00pm-03.00pm	Incense Making – IDR 300K – SK Lounge
04.00pm-05.00pm	Linen Print Workshop – IDR 300K – Activity Desk
05.30pm-6.30pm	Sunset Yoga – Activity Desk

OTHER ACTIVITIES

Pilates & Stretch – Strength, Flexible, Mobility

45min | IDR600K/pax – Max 2pax

45min | IDR1.400K/4pax

Boxing Basic / Personal Trainer - Fitness, Weight, Balance.

45min | IDR600K/pax – Max 2pax

Bike Rental – Enjoy riding at Sanur Area

Adult/Family Bike | 80K/hour – Book 2hour get 3hour

Kids Bike | 50K/hour

