

Day/Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07.00-10.00	Traditional Jamu Serving	Traditional Jamu Serving	Traditional Jamu Serving	Traditional Jamu Serving	Traditional Jamu Serving	Traditional Jamu Serving	Traditional Jamu Serving
08.00-09.00	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga
10.00-11.00	Coffee Plantation Tour	Coffee Plantation Tour	Coffee Plantation Tour	Coffee Plantation Tour	Coffee Plantation Tour	Coffee Plantation Tour	Coffee Plantation Tour
11.00-12.00	Circuit Training	Jungle Gym & TRX	Core Stability	Aqua Fit	Stretching	Jungle Gym & TRX	N/A
14.00-16.00	Batik	Javanese Dance	Janur	Javanese Dance	Gamelan	Janur	Batik
15.00-16.00	Pencak Silat	Power Walk	Pencak Silat	Pencak Silat	Power Walk	Pencak Silat	Power Walk

Traditional Jamu Serving - Venue: Java Green Restaurant

Indonesia's ancestors experimented with all types of leaves, flower, and roots in order to discover what useful properties they hold. Various combinations of different ingredients were found to restore health and prevent diseases and became well known for their medicinal and healing uses.

Coffee Plantation Tour - Venue: Meet at Club House

Join our tour around Losari's Coffee Plantation to learn more about growing, harvesting, and producing coffee. A brief tour through the original plantation including a coffee tasting at our plantation warung - restaurant.

Batik - Venue: Gift Shop & Gallery

Batik is art images on fabric that originated from the royalty in Indonesia's bygone cultural era. Nowadays Batik is worn as the national dress of Indonesia. Learn how batik is made from the local Javanese ladies. Batik is available for sale in the Gift Shop & Gallery.

Janur - Venue: Joglo Bawen

Janur is the Javanese word for the coconut leaf. This common leaf is used as a tool for daily life in many areas in Indonesia. The leaf, which has been separated from its stalk is often woven or strung into a variety of art forms as the Janur presentation will show you.

Javanese Dance - Venue: Joglo Bawen

Join the local community and learn how to dance Javanese Dance; the dances and art forms that were usually associated with courtly, refined and sophisticated culture of the Javanese royalty; however, Javanese dance now also includes the dances of Javanese commoners and villagers. These expressive dances are also used as formal education, emotional expression, and spreading of the Javanese culture

Aqua Fit - Venue: Swimming Pool

A low impact water-based class that is individually adaptable, enjoyable, safe and effective.

Circuit Training - Venue: Club House Area

An intensive and integrated workout, mixing cardio fitness with body sculpting and strength training.

Core Stability - Venue: Fitness Center

Exercise your body's core, strengthening abdominal and back muscles to improve posture and balance.

Yoga - Venue: Sasana Yoga

Focus on precise alignment and posture to make your body strong, flexible and focused.

Power Walking - Venue: Meet at Club House

Aerobic workout for the body and relaxing space for the mind.

Jungle Gym & TRX - Venue: Jungle Gym

Body weight exercise in which a variety of exciting exercise movements can be performed to improve functional movement, cardiovascular conditioning, balance, core stability, flexibility and muscular strength.

Gamelan - Venue: Joglo Bawen

Join us to play with the local community. Gamelan is a musical ensemble that includes metallophone, xylophone, drums, and gongs. The term Gamelan comes from the Javanese word gamel which means hitting or beating. Gamelan is the most traditional kind of Indonesian music.

Pencak Silat - Venue: Sasana Yoga

Learn the basics and practice the flowing yet challenging form of the Indonesia Martial Art known as Pencak Silat, a traditional form of exercise and powerful way to create energy and gain control of your body.

Stretching - Venue: Club House Area

Physical exercise to improve the muscle's elasticity and muscle tone; increase your flexibility and range of motion.