



pullman
HOTELS AND RESORTS

CIAMU VIMALA HILLS

ADULTS ACTIVITIES

To support and in line with Indonesian government's appeal for "Physical Distancing" policy, "Activities & Entertainment" Department's programs limits up to 5 participants / program.

Please reserve in advance for the usage of facilities and to participate in the programs of "Activity and Entertainment Department" by dialling 0 (zero) for Operator or direct WA to our "Activity and Entertainment Team at +62 821 1822 1552

	07:00 – 08.00		16.30 - 17.30			
MONDAY	Jogging Meeting Point Teens Club Venue : Kawasan Max. Participant : 5		Stretching Class Meeting Point Teens Club Venue : Agung Garden Max. Participant : 5			
TUESDAY	Nature Walk Meeting Point Teens Club Venue : Fit Trails & Herb Garden Max. Participant : 5		Fit Trail Workout Meeting Point Teens Club Venue : Fit Trails Max. Participant : 5			
WEDNESDAY	Jogging Meeting Point Teens Club Venue : Kawasan Max. Participant : 5		Nature Walk Meeting Point Teens Club Venue : Fit Trails & Herb Garden Max. Participant : 5			
THURSDAY	Fit Trail Workout Meeting Point Teens Club Venue : Fit Trails Max. Participant : 5		Yoga Meeting Point Teens Club Venue : Agung Garden Max. Participant : 5			
FRIDAY	Yoga Meeting Point Teens Club Venue : Agung Garden Max. Participant : 5		Nature Walk Meeting Point Teens Club Venue : Fit Trails & Herb Garden Max. Participant : 5			
	07:00 – 08.00		15.00 - 16.00		16.30 - 17.30	
SATURDAY	Nature Walk Meeting Point Teens Club Venue : Fit Trails & Herb Garden Max. Participant : 5		Stretching Class Meeting Point Teens Club Venue : Agung Garden Max. Participant : 5		Fit Trail Workout Meeting Point Teens Club Venue : Fit Trails Max. Participant : 5	
SUNDAY	Yoga Meeting Point Teens Club Venue : Agung Garden Max. Participant : 5		High Intensity Workout Meeting Point Teens Club Venue : Fit Trails Max. Participant : 5		Nature Walk Meeting Point Teens Club Venue : Fit Trails & Herb Garden Max. Participant : 5	



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	07:00 – 08.00	11.30 – 12.30	16.30 – 17.30	
MONDAY	Jogging Meeting Point Teens Club Venue : Kawasan Max. Participant : 5	Wood Stick Creation Meeting Point Damar Restaurant Max. Participant : 5	Stretching Class Meeting Point Teens Club Venue : Agung Garden Max. Participant : 5	
TUESDAY	Nature Walk Meeting Point Teens Club Venue : Fit Trails & Agung Garden Max. Participant : 5	Cupcake Decoration Meeting Point Damar Restaurant Max. Participant : 5	Fit Trail Workout Meeting Point Teens Club Venue : Fit Trails Max. Participant : 5	
WEDNESDAY	Jogging Meeting Point Teens Club Venue : Kawasan Max. Participant : 5	Coloring Meeting Point Damar Restaurant Max. Participant : 5	Nature Walk Meeting Point Teens Club Venue : Fit Trails & Herb Garden Max. Participant : 5	
THURSDAY	Fit Trail Workout Meeting Point Teens Club Venue : Fit Trails Max. Participant : 5	Paper Plate Creation Meeting Point Damar Restaurant Max. Participant : 5	Yoga Meeting Point Teens Club Venue : Agung Garden Max. Participant : 5	
FRIDAY	Yoga Meeting Point Teens Club Venue : Agung Garden Max. Participant : 5	Leaves Art Meeting Point Damar Restaurant Max. Participant : 5	Nature Walk Meeting Point Teens Club Venue : Fit Trails & Herb Garden Max. Participant : 5	
	07:00 – 08.00	09.00 – 10.00	14.00 – 15.00	16.30 – 17.30
SATURDAY	Nature Walk Meeting Point Teens Club Venue: Fit Trails & Herb Garden Max. Participant : 5	Cookies Making Meeting Point Damar Restaurant Max. Participant : 5	Jewellery Making Meeting Point Damar Restaurant Max. Participant : 5	Fit Trail Workout Meeting Point Teens Club Venue: Fit Trails Max. Participant : 5
SUNDAY	Yoga Meeting Point Teens Club Venue : Wing A Max. Participant : 5	Segway Lesson Meeting Point Teens Club Max. Participant : 5	Mini Pizza Meeting Point Damar Restaurant Max. Participant : 5	Nature Walk Meeting Point Teens Club Venue : Fit Trails & Herb Garden Max. Participant : 5



CIAMY YUNALA HILLS

KIDS ACTIVITIES

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	09:00 – 10.00		11.30 – 12.30	
MONDAY	Origami Meeting Point Damar Restaurant Kids Corner Max. Participant : 5		Wood Stick Creation Meeting Point Damar Restaurant Kids Corner Max. Participant : 5	
TUESDAY	Kids Yoga Meeting Point Family Pool Max. Participant : 5		Cupcake Decoration Meeting Point Damar Restaurant Kids Corner Max. Participant : 5	
WEDNESDAY	Cookies Making Meeting Point Damar Restaurant Kids Corner Max. Participant : 5		Coloring Meeting Point Damar Restaurant Kids Corner Max. Participant : 5	
THURSDAY	Balloon Creation Meeting Point Damar Restaurant Kids Corner Max. Participant : 5		Paper Plate Creation Meeting Point Damar Restaurant Kids Corner Max. Participant : 5	
FRIDAY	Drawing Meeting Point Damar Restaurant Kids Corner Max. Participant : 5		Leaves Art Meeting Point Damar Restaurant Kids Corner Max. Participant : 5	
	09:00 – 10.00		11.30 – 12.30	14.00 – 15.00
SATURDAY	Cookies Making Meeting Point Damar Restaurant Kids Corner Max. Participant : 5		Balloon Creation Meeting Point Damar Restaurant Kids Corner Max. Participant : 5	Jewellery Making Meeting Point Damar Restaurant Kids Corner Max. Participant : 5
SUNDAY	Kids Yoga Meeting Point Family Pool Max. Participant : 5		Coloring & Origami Meeting Point Damar Restaurant Kids Corner Max. Participant : 5	Mini Pizza Meeting Point Damar Restaurant Kids Corner Max. Participant : 5

DAILY KIDS ACTIVITIES



CUPCAKE DECORATION

*Damar Restaurant Kids Corner
Tuesday
11.30 – 12.30*

COOKIES MAKING

*Damar Restaurant Kids Corner
Wednesday & Saturday
09.00 - 10.00*

LEAVES ART

*Damar Restaurant Kids Corner
Friday
11.30 – 12.30*

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WEEKEND KIDS ACTIVITIES



JEWELLERY MAKING

*Damar Restaurant Kids Corner
Saturday
14.00 – 15.00*

MINI PIZZA

*Damar Restaurant Kids Corner
Sunday
14.00 – 15.00*

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DAILY TEENS ACTIVITIES



JOGGING

*Meeting Point
TEENS CLUB
Monday & Wednesday
07.00 – 08.00*

STRETCHING CLASS

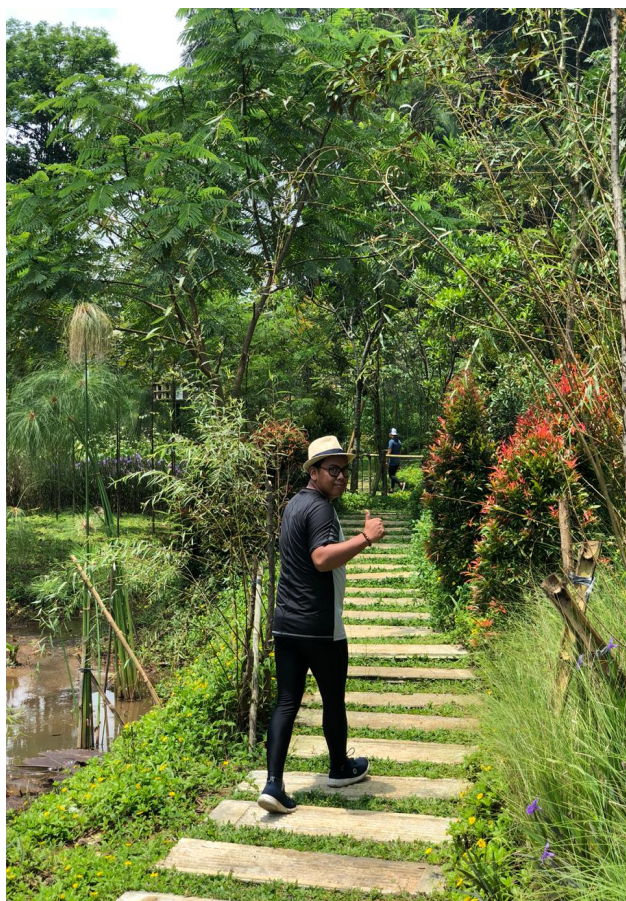
*Meeting Point
TEENS CLUB
Monday
16.30 – 17.30*

PAPER PLATE CREATION

*Damar Restaurant Kids Corner
Thursday
11.30 – 12.30*

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WEEKEND TEENS ACTIVITIES



NATURE WALK

Meeting Point
TEENS CLUB

<i>Saturday</i>		<i>Sunday</i>
07.00 – 08.00		16.30 – 17.30

SEGWAY LESSON

Meeting Point
TEENS CLUB

Sunday
09.00 – 10.00

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DAILY ADULT ACTIVITIES



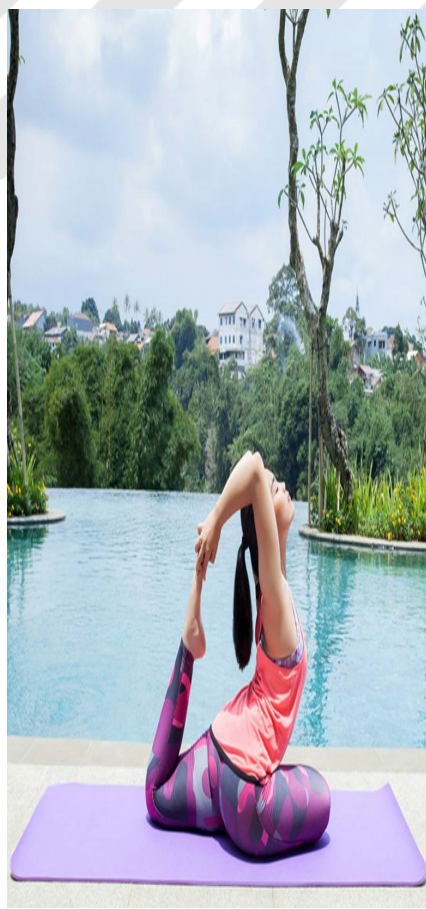
JOGGING

*Meeting Point
TEENS CLUB
Monday & Wednesday
07.00 – 08.00*



FIT TRAIL WORKOUT

*Meeting Point
TEENS CLUB
Tuesday | Thursday
16.30 – 17.30 | 07.00 – 08.00*

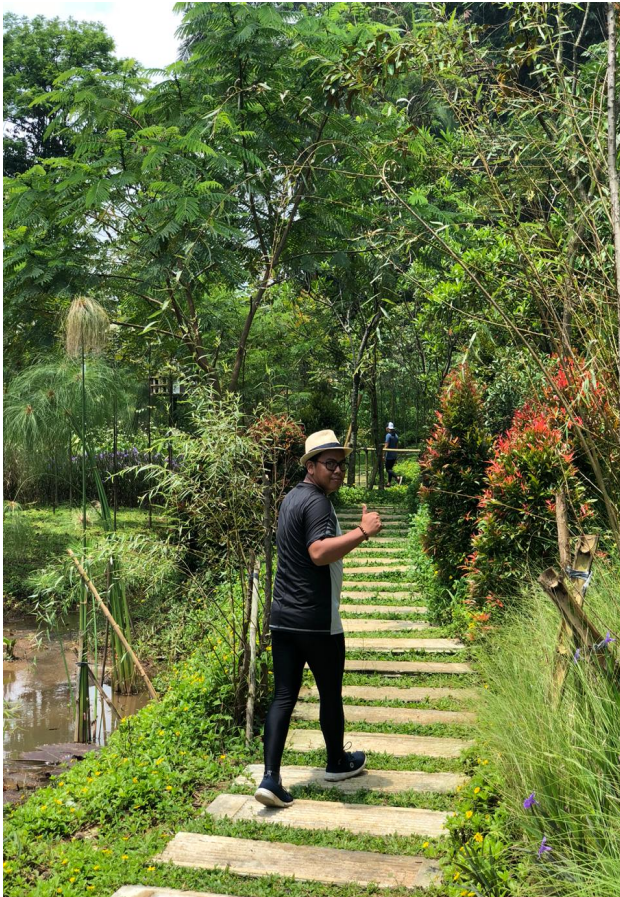


YOGA

*Meeting Point
TEENS CLUB
Friday
07.00 – 08.00*

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WEEKEND ADULT ACTIVITIES



NATURE WALK

Meeting Point
TEENS CLUB

Saturday
07.00 – 08.00

Sunday
16.30 – 17.30



HIGH INTENSITY WORKOUT

Meeting Point
TEENS CLUB

Sunday
15.00 – 16.00

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TABLE GAME ACTIVITIES



*Teens Club
Everyday
06.00 – 18.00*

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NATURE WALK



Our resort nature reserves are filled with greenery from the beautiful gardens, ponds with aquatic plants and paddy fields. With stunning landscape contours, the trails of the "Nature Walk" will bring you to experience the serenity that puts ease to the mind.

TEENS CLUB

Tuesday & Saturday	Friday & Sunday
07.00 – 08.00	16.30 – 17.30

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