



# Lombok

weekly  
schedule

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
 Breakfast	 Breakfast	 Breakfast	 Breakfast	 Breakfast	 Breakfast	 Breakfast
 Surf Lesson	 Surf Lesson	 Surf Lesson	 Surf Lesson	 Surf Lesson	 Surf Lesson	 Surf Lesson
 Ice Bath			 Ice Bath		 ice bath	
 Lunch	 Lunch	 Lunch	 Lunch	 Beach Bbq	 Lunch	 Lunch
	 Surf Theory		 Video Analysis		 Surf Theory	
	 Yoga	 Magnesium Bath	 Surf Balance Training		 Magnesium Bath	
 Surf Skate	 Sunset Trip	 Free Gym	 Pilates	 Yin Yoga Meditation	 Sade Sasak Village Visit	 Yoga

As our guest, you'll have free access to **Xeno Gym** during your stay.

Please note that scheduling is subject to changes due to holidays, local events, weather conditions or any other circumstances beyond our reasonable control.

**marsh  
mellow**  
SURF & WELLNESS