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
Sauna			Sauna		Sauna	
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	Yoga	Sade Sasak Village Visit	Yoga
Open Gym 6am-9pm	Open Gym 6am-9pm	Open Gym 6am-9pm	Open Gym 6am-9pm	Open Gym 6am-9pm	Open Gym 8am-7pm	Open Gym 8am-7pm

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