



ULTIMATE FITNESS HOLIDAY BALI

JOIN US IN BALI

You can spend up to 4 weeks at the Bali location with Ultimate Fitness Holiday .

Everything is there for you from healthy meals, to lots of different fitness group training classes, and a huge sports and beach club campus. All complemented with onsite accommodation, in our exclusive apartment on campus, featuring the largest most luxurious south-facing pool in Bali, right by the beach!



WHY ULTIMATE FITNESS

- Expert training & supportive, safe and fun environment
- On-site gym for Ultimate Fitness Clients
- 200 meters from the beach
- Exclusive massive pool
- Year-round group start dates
- Perfect for solo travellers
- Onsite restaurant with healthy food options

ANYONE CAN JOIN

Time spent training with us will give you huge fitness benefits. You train and stay in a super motivating, accountable environment, with fun like-minded people.

It is not just training, it is a holiday too!

Relax, unwind and have fun!





ULTIMATE FITNESS HOLIDAY BALI

ABOUT THE GYM

The training schedule takes place at our own on-site training area. Roll out of bed straight into it. You also have access to train there and use the equipment throughout the day.

We utilise a 10,000 sq meter training area both indoors and outdoors. Full cross-fit set up, beach volleyball courts, Astroturf training area, and full indoor gym with free weights and resistance machines.

alongside the training sessions, you have free use of the gym.



ALL LEVELS

Ultimate Fitness holidays are open to everyone looking to meet new people, discover beautiful tropical locations and kick-start or improve their fitness.

We can cater to all levels. Whether you are just starting, coming back from an injury, or if you are a fitness professional. We challenge you to become better, fitter, healthier and happier.

TRAINING SCHEDULE

The schedule for the group training sessions

7.00 AM Group Fitness Class

8.30 AM Group Fitness class

4.00 PM Group Fitness class

Two times a week, a 5.30 PM yoga class

Saturday morning, Group Fitness class

Free use of the gym whenever you like.

The fitness classes are: Metcon, CrossFit style classes, Barbell classes and HIIT.





THE RESORT



Your fitness training will be complemented perfectly with a beautiful shared villa and epic pool, right next door to the training area. The villa is located 150 meters from the beach in Jimbaran.

ROOM OPTIONS

There are several accommodation options:

- Twin room: we partner you up with a member of the same sex. These rooms are ensuite.
- Single room: your own room. These rooms are ensuite.
- 4-Share Room: There are two 4-Share rooms. Both rooms have two bunk beds.

The 4-Share rooms share one bathroom. We have one extra Toilet in the Villa, plus we have a modern shower block with toilets and showers right next-door by the pool.



All our rooms have:

Air conditioning, fridge, outside space and an ensuite bathroom (except 4 share). If you book a shared room we pair you up with others of the same sex.



SINGLE ROOM



TWIN SHARE ROOM



FOUR SHARE ROOM



The onsite restaurant is amazing! The food is delicious & super healthy. we cater for most diets





INCLUSIONS

- Pre departure information
- Airport pick up
- Introduction orientation session
- Accommodation
- Unlimited access to Gym and training equipment
- All training sessions
- Use of Pool
- Use of Co working space
- Monday to Friday Breakfast and Lunch (4 share only breakfast)
- One excursion a week

EXCURSIONS

There are so many cool things to do on Bali. Our rep can help you booking the excursions.

Great surf spots, lovely café's, beaches and beach clubs are on your doorstep. Excursions to visit temples, try some surfing, visit Ubud, and more at the weekend can be arranged with our rep.



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*Join us
in Paradise*