



26<sup>th</sup> December – 31<sup>st</sup> January

# ZULAL DAILY ACTIVITIES

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00	Meditation Yoga Studio	Pranayama Breathing Yoga Studio (L)	Tai Chi Yoga Studio	Roll & Release Group Movement Studio	Outdoor Bootcamp Beach	Hatha Yoga Yoga Studio (L)	Abs Express Yoga Studio
8:00	Pickle ball	Beach Nature Walk	Table tennis	Beach Nature Walk	Intro to clay pressing	Beach Nature Walk	Pickle ball
9:00	Aqua with Pool Noodle Outdoor Gentleman's Serenity Wellness Pool (G)	Aqua Hand Buoy Outdoor Ladies Serenity Wellness Pool (L)	Aqua Boxing Outdoor Gentleman's Serenity Wellness Pool (G)	Aqua with Pool Noodle Outdoor Ladies Serenity Wellness Pool (L)	Aqua Hand Buoy Outdoor Gentleman's Serenity Wellness Pool (G)	Aqua Box Outdoor Ladies Serenity Wellness Pool (L)	Aqua with Pool Noodle Outdoor Gentleman's Serenity Wellness Pool (G)
11:00	Stretch Class Group Movement Studio (L)	Stretch Class Group Movement Studio	Stretch Class Group Movement (L) ----- Mental Health Talk House of Wisdom	Stretch Class Group Movement Studio	Stretch Class Group Movement Studio (L)	Stretch Class Group Movement Studio	Stretch Class Group Movement Studio (L)
13:00		Topic of the day by Librarian House of Wisdom	Fitness Talk House of Wisdom	Topic of the day by Librarian House of Wisdom	Physiotherapy Talk House of Wisdom	Topic of the day by Librarian House of Wisdom	Topic of the day by Librarian House of Wisdom
14:00	Stand Up Paddle	Island Walk (Subject to Tide)	Kayak	Intro to Sketching	Stand Up Paddle	Island Walk (Subject to Tide)	Kayak
15:00	Tea House Knowledge House Of Wisdom	TAIM Talk House Of Wisdom	Tea House Knowledge House Of Wisdom		Tea House Knowledge House Of Wisdom		TAIM Talk House Of Wisdom
16:00	Mat Pilates Group Movement Studio (L)	Foot Exercise Group Movement Studio (L)	Bone Density Exercise Group Movement Studio (L)	MOTR Pilates Group Movement Studio	Abs Buttocks & thigh Group Movement Studio (L)	Thai Boxing Class Group Movement Studio	Fit Ball & Free Weight Group Movement Studio
17:00	Badminton	Table Tennis	Volleyball	Pickle ball	Beach soccer	Soccer volley	Intro to clay pressing
17:30	*Wellness Talk	* Wellness Talk	* Wellness Talk	* Wellness Talk	* Wellness Talk	* Wellness Talk	* Wellness Talk
20:00			Zulal Good Night Ritual Yoga Studio			Zulal Good Night Ritual Yoga Studio	Zulal Good Night Ritual Yoga Studio
Descriptions		Calming exercises that soothe your body and mind.		Refreshing activities that clears and rejuvenates.		Social activities that embrace space and freedom.	

(L) – Ladies only Classes - (G) – Gentlemen's only classes

HATHA YOGA: Asanas (yoga poses), pranayama (yogic breathing technique) and Hatha style meditation.

STRETCH CLASS: Helps to decrease muscle soreness, improve flexibility, and reduce stress.

MAT PILATES: The Pilates mat class incorporates all the key principles of Pilates such as postural alignment, breathing, core stability, controlled movement, and flexibility.

ISLAND WALK: An opportunity to experience the surroundings and be aware of what is happening at that moment. It is an approximate 3hr outdoor experience.

MARINE ECO TRAIL: This is an engaging activity, which combines exercise and learning in the outdoors as you discover the flora and fauna of the desert and sea.

AQUA BOX: A higher intensity combination of aqua-aerobics and boxing, suitable for intermediate fitness levels.

AQUA HANDBUOY: water aerobics activity for improving cardiovascular performance and building strength - with hand buoys

NOTE: \*All Aqua and Outdoor Activities are subject to weather conditions

TAI CHI: A slow-moving, meditative Chinese art for creating harmony in the mind, body and spirit.

MEDITATION: This meditation practice, guides you through the process of connecting with the present moment, helping to relieve the mind and relax the body

BEACH VOLLEYBALL: Beach volleyball is a team sport played by two teams of two players on the beach divided by a net.

BEACH NATURE WALK: Walking barefoot on soft sand and through lapping waves connects you to the energy of the earth, it also stimulates the hundreds of nerve endings in our feet, energizing our whole body.

BONE DENSITY EXERCISE: A low-impact, weight-bearing exercise class designed to promote and maintain healthy bone density.

FOOT EXERCISE: A foot-focused class that exercises weight-bearing parts of the foot to improve balance, stability and release tension from the inner arch.

AQUA WITH POOL NOODLE: A no-impact water aerobics activity for improving cardiovascular performance and building strength - with a pool noodle.

HERBAL GARDEN TOUR: Get to know about TAIM medicinal herbs

MENTAL HEALTH TALK: Modern

TOPIC OF THE DAY BY LIBRARIAN: Librarian choice of the day with selected book from the library

ESSENTIAL OILS FOR EVERYDAY LIFE: Essential oil and how to use in daily life

TEA HOUSE KNOWLEDGE: Get to know more herbal tea and health benefits

TAIM TALK: Informative class to explain TAIM

\*GM MOCKTAIL: Informative talk to discuss different topics regarding

health and wellness over a mocktail. Please call 6500 / 6900 to confirm

your reservation and the venue (House of Wisdom, House of Inspiration or

Saffron Cooking Studio )