

ZULAL DAILY ACTIVITIES



TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:00	CHAIR YOGA YOGA STUDIO	MEDITATION YOGA STUDIO	FIT YOGA YOGA STUDIO	TAI CHI YOGA STUDIO	ROLL & RELEASE GROUP MOVEMENT STUDIO	PRANAYAMA BREATHING YOGA STUDIO	YOGA CLASS YOGA STUDIO
09:00	AQUA WITH POOL NOODLE LADIES SERENITY POOL (LADIES)	AQUA HAND BUOY GENTLEMAN'S SERENITY POOL (GENTLEMEN)	AQUA BOXING LADIES SERENITY POOL (LADIES)	AQUA WITH POOL NOODLE GENTLEMAN'S SERENITY POOL (GENTLEMEN)	AQUA HAND BUOY LADIES SERENITY POOL (LADIES)	AQUA BOXING GENTLEMAN'S SERENITY POOL (GENTLEMEN)	AQUA WITH POOL NOODLE LADIES SERENITY POOL (LADIES)
10:00	EMBROIDERY DISCOVERY OASIS	CLAY WORKSHOP DISCOVERY OASIS	TABLE TENNIS DISCOVERY OASIS	EMBROIDERY DISCOVERY OASIS	CLAY WORKSHOP DISCOVERY OASIS	CHESS DISCOVERY OASIS	CLAY WORKSHOP DISCOVERY OASIS
11:00	STRETCH CLASS GROUP MOVEMENT STUDIO	STRETCH CLASS GROUP MOVEMENT STUDIO (LADIES)	STRETCH CLASS GROUP MOVEMENT STUDIO	STRETCH CLASS GROUP MOVEMENT STUDIO (LADIES)	STRETCH CLASS GROUP MOVEMENT STUDIO	STRETCH CLASS GROUP MOVEMENT STUDIO (LADIES)	STRETCH CLASS GROUP MOVEMENT STUDIO
15:00	3 IN 1 FITNESS GROUP MOVEMENT STUDIO	WELLNESS TALK	FITBALL & FREEWEIGHTS GROUP MOVEMENT STUDIO	WELLNESS TALK	AGILITY CLASS GROUP MOVEMENT STUDIO	WELLNESS TALK	MAT PILATES GROUP MOVEMENT STUDIO
16:00	FREE FORM GROUP MOVEMENT STUDI	FOOT MYOFASCIA EXERCISE CENTER OF HEALTH & HEALING	BONE DENSITY EXERCISE CENTER OF HEALTH & HEALING	TRX GROUP MOVEMENT STUDIO	ABS EXPRESS GROUP MOVEMENT STUDIO	TABATA GROUP MOVEMENT STUDIO	THAI BOXING GROUP MOVEMENT STUDIO
18:00	TABLE TENNIS DISCOVERY OASIS	MOVIE NIGHT DISCOVERY OASIS	MARINE ECO TRAIL (SUBJECT TO TIDE) DISCOVERY OASIS	PADEL TENNIS DISCOVERY OASIS	MARINE ECO TRAIL (SUBJECT TO TIDE) DISCOVERY OASIS	PADEL TENNIS DISCOVERY OASIS	MARINE ECO TRAIL (SUBJECT TO TIDE) DISCOVERY OASIS
19:00	PADEL TENNIS DISCOVERY OASIS		FLOATING MEDITATION DISCOVERY OASIS		FLOATING MEDITATION DISCOVERY OASIS		FLOATING MEDITATION DISCOVERY OASIS
20:00		STARGAZING MANGROVE DECK	ZULAL GOOD NIGHT RITUAL YOGA STUDIO			ZULAL GOOD NIGHT RITUAL YOGA STUDIO	ZULAL GOOD NIGHT RITUAL YOGA STUDIO

CALMING EXERCISES THAT SOOTHE YOUR
BODY AND MIND.

REFRESHING ACTIVITIES THAT CLEARS AND
REJUVENATES.

SOCIAL ACTIVITIES THAT EMBRACE SPACE
AND FREEDOM.