



1st August – 31st August

ZULAL DAILY ACTIVITIES

| TIME | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------|---|---|--|---|--|--|---|
| 7:00 | Meditation Yoga Studio | Pranayama Breathing Yoga Studio (L) | Circuit Training Group Movement Studio | Pranayama Breathing Yoga Studio | Tai Chi Yoga Studio | Circuit Training Group Movement Studio | Tai Chi Yoga Studio (L) |
| 8:00 | Table Tennis | Pool Volleyball | Water Polo | | Table Tennis | Pool Volleyball | Water Polo |
| 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 VC House Of Wisdom | 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 | Pool Volleyball | Table Tennis | | Table Tennis | | Pool Volleyball | Table Tennis |
| 15:00 | Tea House Knowledge House Of Wisdom | TAIM Talk House Of Wisdom | Tea House Knowledge House Of Wisdom | Topic of the day by VC 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) | Tabata Training Group Movement Studio | Mat Pilates Group Movement Studio (L) | Low Impact Aerobics Group Movement Studio | Step Aerobics Group Movement Studio |
| 17:00 | Badminton | Table Tennis | Pool Volleyball | Badminton | Table Tennis | Pool Volleyball | Table Tennis |
| 19:00 | Beach Nature Walk Beach | | Marine Eco Trail Beach | | Beach Nature Walk Beach | | Marine Eco Trail Beach |
| 21:00 | | | Zulal Good Night Ritual House of Wisdom | | | Zulal Good Night Ritual House of Wisdom | Zulal Good Night Ritual House of Wisdom |
| 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

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

MAT PILATES: The Pilates mat class incorporate 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

VC : Visiting Consultant

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 talk class to explain TAIM