



1st November – 30th November

ZULAL DAILY ACTIVITIES

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00	Yoga circuit Yoga Studio	Fit Yoga Yoga Studio (L)	Morning Stroll Fitness Pavilion	Bootcamp Beach	Outdoor Circuit Beach	Morning Jog Fitness Pavilion	Chair Yoga Yoga Studio (L)
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)	Thai Boxing Class Group Movement Studio	MOTR Pilates Group Movement Studio (L)	Freeform Power Balance Group Movement Studio	Yoga Vinyasa Group Movement Studio
17:00	Badminton	Table Tennis	Volleyball	Pickle ball	Beach soccer	Soccer volley	Intro Clay Pressing
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

YOGA CIRCUIT: Asanas (yogaposes), pranayama (yogicbreathingtechnique) andHathastyle meditation.

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

THAI BOXING: A high-intensity workout with kicking and punching drills based on the ancient techniques of Thai-style boxing, also known as Muay Thai.

MOTR PILATES: Discover Pilates and engage in this form of slow, sustained movements, focusing on core stability, lower back strength and postural alignment. Our specially equipped Pilates MOTR will allow you to fully experience a variety of routines for all fitness levels.

FREEFORM POWER BALANCE: A fun and interactive exercise for older children and adults, utilizing a rubber disc to incorporate aerobic and strength training, while promoting greater flexibility, balance and agility as well as toning the core muscles through a variety of coordinated movements.

YOGA VINYASA: A yoga practice that generates body heat through flowing vinyasas (linking movements) suitable for intermediate to advanced level students.

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

FIT YOGA: A dynamic yoga workout with energetic mantra music to dissolve negativity and build inner resilience. Also available as a persona session to target a specific goal.

MORNING JOG: Rise early and truly commit to your wellness goals by establishing an early-morning jog and stretch routine, promoting a boost in metabolism and energy for the rest of your day.

MORNING STROLL: Rise early and truly commit to your wellness goals by establishing an early-morning power walk and stretch routine, promoting a boost in metabolism and energy for the rest of your day.

OUTDOOR CIRCUIT: An invigorating and challenging outdoor circuit-training session which combines running, Free weights, and bodyweight training for an intense, full-body exercise routine.

CHAIR YOGA: A yoga practice that generates body heat through flowing vinyasas (linking movements) suitable for intermediate to advanced level students., Performed on a char

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 Dom 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