



1<sup>st</sup> May – 31<sup>st</sup> May

# ZULAL DAILY ACTIVITIES

| TIME         | SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   |
|--------------|---|---|---|--|--|---|--|
| 7:00         | Abs Express<br>Group movement studio                                    | Yoga hatha<br>Yoga studio                                   | Tai chi<br>Group movement studio                              | Chair yoga<br>Yoga Studio  | Outdoor bootcamp<br>Zulal Logo                                   | Roll & Release<br>Group movement Studio (L)   | Mat Pilates<br>Group movement Studio   |
| 9:00         | Aqua with Pool Noodle<br>Outdoor Gentleman's Serenity Wellness Pool (G) | Aqua Hand Buoy<br>Outdoor Ladies Serenity Wellness Pool (L) | Aqua Boxing<br>Outdoor Gentleman's Serenity Wellness Pool (G) | Aqua with Pool Noodle<br>Outdoor Ladies Serenity Wellness Pool (L) | Aqua Hand Buoy<br>Outdoor Gentleman's Serenity Wellness Pool (G) | Aqua Box<br>Outdoor Gentleman's Serenity Wellness Pool (G)<br>Outdoor Ladies Serenity Wellness Pool (L) | Aqua with Pool Noodle<br>Outdoor Gentleman's Serenity Wellness Pool (G)<br>Outdoor Ladies Serenity Wellness Pool (L) |
| 10:00        | Table Tennis  | Pickle Ball   | Origami   | Clay Pressing  | Table Tennis   | Pickle Ball   | Origami  |
| 11:00        | Stretch Class<br>Group Movement Studio (L)                              | Stretch Class<br>Group Movement Studio                      | Stretch Class<br>Group Movement Studio (L)                    | Stretch Class<br>Group Movement Studio                             | Stretch Class<br>Group Movement Studio (L)                       | Stretch Class<br>Group Movement Studio  | Stretch Class<br>Group Movement Studio (L)   |
| 15:00        |   | Wellness Talk   |   | Wellness Talk  |  | Wellness Talk   |  |
| 16:00        | Mat Pilates<br>Group movement studio                                    | Foot Exercises<br>CHH                                       | Bone density Exercises<br>CHH                                 | Circuit Training<br>Group Movement Studio                          | Low impact Aerobics<br>Group Movement Studio                     | Thai Boxing Class<br>Group Movement Studio  | TRX Class<br>Group Movement Studio   |
| 17:00        | Marine Eco Trail  | Paddle Tennis   | Badminton   | Kayak & SUP  | Paddle Tennis  | Badminton   | Beach Volleyball   |
| 20:00        |   |   | Zulal Good Night Ritual<br>Yoga Studio                        |  |  | Zulal Good Night Ritual<br>Yoga Studio  | Zulal Good Night Ritual<br>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

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

AQUA POOL NOODLE: water aerobics activity for improving cardiovascular performance and building strength - with noodle

ABS EXPRESS: Medium intensity 25 mins class focused on full core and abdominal muscles

ABS, BUTTOCKS& THIGHS: This is a combination of lower body and core exercises all body weight movements

ROLL & RELEASE: Low intensity class using foam rollers and massage balls to release myofascial tightness and trigger points

MORNING STROLL: A Great way to begin the morning a power walk around the resort with the beautiful scenery

BOOTCAMP: An Outdoor Activity performed on the beach with army style training focused on Body weight training

CIRCUIT: High to medium intensity class focusing on building muscular endurance and cardiovascular strength

THAI BOXING: Originating from Thailand – Thai boxing is a cardio focused fun way to burn fat using traditional Thai technique

LOW IMPACT AEROBICS: A fun class focused low intensity class focused on a set sequence of movements in line with beat

TRX Class: Also known as Suspension Training this class uses a TRX for full body Tone

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 Dom the inner arch.

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

WELLNESS TALK: Informative talk about different Health and Wellness topics from different Specialists – Please call "0" for information about the venue and topic or ask at CHH Reception and Spa Reception