

1-30 SEPTEMBER  
2023

# ZULAL DAILY ACTIVITIES



TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:00	MEDITATION CLASS YOGA STUDIO	VINYASA YOGA YOGA STUDIO	ROLL & RELEASE GROUP MOVEMENT STUDIO	TAI CHI GROUP MOVEMENT STUDIO	LOW IMPACT AEROBICS GROUP MOVEMENT STUDIO	PRANAYAMA BREATHING YOGA STUDIO	HATHA YOGA YOGA STUDIO
09:00	AQUA WITH POOL NOODLE OUTDOOR LADIES SERENITY POOL (LADIES)	AQUA HAND BUOY OUTDOOR GENTLEMAN'S SERENITY POOL (GENTLEMEN)	AQUA BOXING OUTDOOR LADIES SERENITY POOL (LADIES)	AQUA WITH POOL NOODLE OUTDOOR GENTLEMAN'S SERENITY POOL (GENTLEMEN)	AQUA HAND BUOY OUTDOOR LADIES SERENITY POOL (LADIES)	AQUA BOXING OUTDOOR GENTLEMAN'S SERENITY POOL (GENTLEMEN)	AQUA WITH POOL NOODLE OUTDOOR LADIES SERENITY POOL (LADIES)
10:00	TABLE TENNIS DISCOVERY OASIS	CLAY PRESSING DISCOVERY OASIS	ORIGAMI DISCOVERY OASIS	CLAY PRESSING DISCOVERY OASIS	TABLE TENNIS DISCOVERY OASIS	CLAY PRESSING DISCOVERY OASIS	ORIGAMI 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	STRETCH CLASS GROUP MOVEMENT STUDIO (LADIES)
15:00		WELLNESS TALK		WELLNESS TALK		WELLNESS TALK	
16:00	CROSS FIT CLASS GROUP MOVEMENT STUDIO	FOOT EXERCISES CENTER OF HEALTH & HEALING	BONE DENSITY EXERCISES CENTER OF HEALTH & HEALING	THAI BOXING GROUP MOVEMENT STUDIO	TRX CLASS GROUP MOVEMENT STUDIO	ABS BUTTOCKS & TIGHS GROUP MOVEMENT STUDIO (LADIES)	CIRCUIT TRAINING GROUP MOVEMENT STUDIO
17:00	BADMINTON DISCOVERY OASIS	TABLE TENNIS DISCOVERY OASIS	POOL VOLLEYBALL DISCOVERY OASIS	BADMINTON DISCOVERY OASIS	TABLE TENNIS DISCOVERY OASIS	POOL VOLLEYBALL DISCOVERY OASIS	TABLE TENNIS DISCOVERY OASIS
20:00			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.

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

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

**CHAIR YOGA:** a sequence of low impact asanas performed on a chair prop

**YOGA HATHA:** Also Known as gentle yoga a good way to start the day with a sequence of low impact asanas

**VINYASA YOGA:** A gentle flow Class comprised of gentle stretching and poses

**PRANAYAMA:** Pranayama is an ancient practice of yogic breathing techniques used to harness and regulate universal life force energy known as prana.

**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.

**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

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

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

**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.

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

**CROSSFIT CLASS :** A fun group class using free weights and HIIT to achieve a full body workout

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

**MAT PILATES:** Discover Pilates and engage in this form of slow, sustained movements, focusing on core stability, lower back strength and postural alignment.

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

**TRX Class:** Also known as Suspension Training this class uses a TRX for full body Toning.