

1 – 30
NOVEMBER 2023

ZULAL DAILY ACTIVITIES



TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:00	CHAIR YOGA YOGA STUDIO	VINYASA YOGA YOGA STUDIO	LOW IMPACT AEROBICS GROUP MOVEMENT STUDIO	TAI CHI GROUP MOVEMENT STUDIO	BOOTCAMP SERENITY BEACH BODY IN BALANCE YOGA STUDIO	HATHA YOGA YOGA STUDIO	MEDITATION 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 BOX OUTDOOR GENTLEMAN'S SERENITY POOL (GENTLEMEN)	AQUA WITH POOL NOODLE OUTDOOR LADIES SERENITY POOL (LADIES)
10:00	CLAY WORKSHOP DISCOVERY OASIS	ISLAND WALK (SUBJECT TO TIDE) DISCOVERY OASIS	ORIGAMI DISCOVERY OASIS	CLAY PRESSING DISCOVERY OASIS	ISLAND WALK (SUBJECT TO TIDE) DISCOVERY OASIS	DISCOVER SKETCHING 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 (LADIES)	STRETCH CLASS GROUP MOVEMENT STUDIO
15:00		WELLNESS TALK		WELLNESS TALK		WELLNESS TALK	
16:00	AGILITY ACTIVITY GROUP MOVEMENT STUDIO	FOOT EXERCISES CENTER OF HEALTH & HEALING	BONE DENSITY EXERCISES CENTER OF HEALTH & HEALING	TABATA TRAINING CLASS GROUP MOVEMENT STUDIO	THAI BOXING GROUP MOVEMENT STUDIO	FITBALL & FREEWEIGHTS GROUP MOVEMENT STUDIO	CIRCUIT CLASS GROUP MOVEMENT STUDIO
17:00	PADEL TENNIS DISCOVERY OASIS	TABLE TENNIS DISCOVERY OASIS	MARINE ECO TRAIL (SUBJECT TO TIDE) DISCOVERY OASIS	PADEL TENNIS DISCOVERY OASIS	TABLE TENNIS DISCOVERY OASIS	MARINE ECO TRAIL (SUBJECT TO TIDE) DISCOVERY OASIS	TABLE TENNIS DISCOVERY OASIS
20:00	STRESS MANAGEMENT WORKSHOP YOGA STUDIO		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.

LOW IMPACT AEROBICS: A gentle dance class with not stress on the joints

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

VINYASA YOGA : a flow of movements done in a sequence using breathing exercises

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

BOOTCAMP: Intense body weight workout improving agility , endurance and strength

MEDITATION : A gentle mindfulness class

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 specialties – Please call “0” for information about the venue and topic or ask at CHH Reception and Spa Reception

FITBALL & FREEWEIGHTS : a fun full body workout focusing on balance and core

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

AGILITY ACTIVITY: a series of movements performed with different props to improve agility , strength and endurance

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

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

TABATA: using a Japanese method of counting this is a HIIT body weight training class

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