

## MONDAY

**Self-Care Hour**  
**Oasia Balm Making**  
10am to 11am  
*Wellness Lounge*

**Aqua Zumba**  
5pm to 6pm  
*Pool*

**Sunset Yoga**  
6pm to 7pm  
*Outdoor Deck*

**UFIT Burn**  
7pm to 8pm  
*Outdoor Deck*

## TUESDAY

**Aqua Zumba**  
5pm to 6pm  
*Pool*

**Sunset Yoga**  
6pm to 7pm  
*Outdoor Deck*

**UFIT Build**  
7pm to 8pm  
*Outdoor Deck*

## WEDNESDAY

**Self-Care Hour**  
**Oasia Balm Making**  
10am to 11am  
*Wellness Lounge*

**Aqua Zumba**  
5pm to 6pm  
*Pool*

**Sunset Yoga**  
6pm to 7pm  
*Outdoor Deck*

**UFIT Burn**  
7pm to 8pm  
*Outdoor Deck*

## THURSDAY

**Aqua Zumba**  
5pm to 6pm  
*Pool*

**Sunset Yoga**  
6pm to 7pm  
*Outdoor Deck*

**UFIT Build**  
7pm to 8pm  
*Outdoor Deck*

## FRIDAY

**Wind-Down Hour**  
**Body Scrub Making**  
5pm to 6pm  
*Wellness Lounge*

**Aqua Zumba**  
5pm to 6pm  
*Pool*

**Sunset Yoga**  
6pm to 7pm  
*Outdoor Deck*

**UFIT Burn**  
7pm to 8pm  
*Outdoor Deck*

## SATURDAY

**Sunrise Qi Gong**  
7am to 8am  
*Oasia Spa Terrace*

**Self-Care Hour**  
**Oasia Balm Making**  
10am to 11am  
*Wellness Lounge*

**Learn Well Workshop**  
**by Partners**  
3pm to 4pm  
*Wellness Lounge*

**Wind-Down Hour**  
**Body Scrub Making**  
5pm to 6pm  
*Wellness Lounge*

**Aqua Zumba**  
5pm to 6pm  
*Pool*

**Sunset Yoga**  
6pm to 7pm  
*Outdoor Deck*

**UFIT Build**  
7pm to 8pm  
*Outdoor Deck*

## SUNDAY

**Sunrise Qi Gong**  
7am to 8am  
*Oasia Spa Terrace*

**Self-Care Hour**  
**Oasia Balm Making**  
10am to 11am  
*Wellness Lounge*

**Learn Well Workshop**  
**by Partners**  
3pm to 4pm  
*Wellness Lounge*

**Wind-Down Hour**  
**Body Scrub Making**  
5pm to 6pm  
*Wellness Lounge*

**Aqua Zumba**  
5pm to 6pm  
*Pool*

**Sunset Yoga**  
6pm to 7pm  
*Outdoor Deck*

**UFIT Burn**  
7pm to 8pm  
*Outdoor Deck*

# DAILY RECREATIONAL SCHEDULE

SEPT / NOV 2021

SATURDAY, 3PM

**EVERY 2ND SATURDAY**  
**Pryce Tea -**  
**Tea Appreciation**

What to Expect -

- Oasia Tea Blends
- The Art of Brewing Tea

**EVERY 4TH SATURDAY**  
**Young & Living -**  
**Ditch & Switch And**  
**Clean Beauty**

What to Expect -

- Safe Usage of Oil
- Linen Spray, Hair Serum

SUNDAY, 3PM

**EVERY 1ST SUNDAY**  
**Grobrix - Community Urban**  
**Farming**

What to Expect -

- An Introduction to urban farming and the Grobrix story
- Hydroponic growing - Why? What? How?
- Interactive herb and microgreen tasting session

**EVERY 3RD SUNDAY**  
**Grobrix - Community Urban**  
**Farming**

What to Expect -

- An Introduction to urban farming and the Grobrix story
- Hydroponic growing - Why? What? How?
- Interactive herb and microgreen tasting session

**EVERY 4TH SUNDAY**  
**Asmara - Food Myths,**  
**Nutrition & Herbalism**

What to Expect -

- Explore Asmara & The Science Behind Their Tonics
- Understand Common Food & Nutrition Myths
- Learn About Science-Based Traditional Medicine
- [Workshop] Blend Your Own Personalised Health Functional Tea Or Coffee

OCT / DEC 2021

SATURDAY, 3PM

**EVERY 2ND SATURDAY**  
**Pryce Tea -**  
**Tea Appreciation**

What to Expect -

- Oasia Tea Blends
- The Art of Brewing Tea

**EVERY 4TH SATURDAY**  
**Young & Living -**  
**Ditch & Switch And Clean**  
**Beauty**

What to Expect -

- Safe Usage of Oil
- Linen Spray, Hair Serum

SUNDAY, 3PM

**EVERY 1ST SUNDAY**  
**Grobrix - Community Urban**  
**Farming**

What to Expect -

- An Introduction to urban farming and the Grobrix story
- Hydroponic growing - Why? What? How?
- Interactive herb and microgreen tasting session

**EVERY 3RD SUNDAY**  
**Grobrix - Community Urban**  
**Farming**

What to Expect -

- An Introduction to urban farming and the Grobrix story
- Hydroponic growing - Why? What? How?
- Interactive herb and microgreen tasting session

**EVERY 4TH SUNDAY**  
**Asmara - Food Myths,**  
**Nutrition & Herbalism**

What to Expect -

- Explore Asmara & The Science Behind Their Tonics
- Understand Common Food & Nutrition Myths
- Learn About Science-Based Traditional Medicine
- [Workshop] Blend Your Own Personalised Health Functional Tea Or Coffee

**LEARN WELL**  
**WORKSHOPS @WELLNESS LOUNGE**