MONDAY **TUESDAY** WEDNESDAY **THURSDAY FRIDAY SATURDAY** SUNDAY Wind-Down Hour **Self-Care Hour** Agua Zumba Self-Care Hour Aqua Zumba Sunrise Qi Gong Sunrise Qi Gong Oasia Balm Making Oasia Balm Making 5pm to 6pm **Body Scrub Making** 7am to 8am 7am to 8am 5pm to 6pm 10am to 11am Pool 10am to 11am Pool 5pm to 6pm Oasia Spa Terrace Oasia Spa Terrace Wellness Lounge Wellness Lounge Wellness Lounge Agua Zumba Agua Zumba **Self-Care Hour** Sunset Yoga Agua Zumba **Sunset Yoga Self-Care Hour** 5pm to 6pm Oasia Balm Making 5pm to 6pm 6pm to 7pm 6pm to 7pm 5pm to 6pm Oasia Balm Making Pool 10am to 11am Outdoor Deck Outdoor Deck Pool Pool 10am to 11am Wellness Lounge Wellness Lounge Sunset You JFIT Build Sunset Yoga **UFIT Build** Sunset Yoga Learn Well Workshop Learn Well Workshop 7pm to 8pm 6pm to 7pm 7pm to 8pm 6pm to 7pm by Partners by Partners 6pm to 7pm Outdoor Deck Outdoor Deck Outdoor Deck Outdoor Deck Outdoor Deck 3pm to 4pm 3pm to 4pm Wellness Lounge Wellness Lounge Wind-Down Hour Wind-Down Hour **UFIT Burn UFIT Burn** 7pm to 8pm 7pm to 8pm 7pm to 8pm **Body Scrub Making Body Scrub Making** Outdoor Deck Outdoor Deck Outdoor Deck 5pm to 6pm 5pm to 6pm Wellness Lounge Wellness Lounge Aqua Zumba Aqua Zumba 5pm to 6pm 5pm to 6pm Pool Pool **Sunset Yoga Sunset Yoga** 6pm to 7pm 6pm to 7pm Outdoor Deck Outdoor Deck **UFIT Burn UFIT Build** 7pm to 8pm 7pm to 8pm

DAILY RECREATIONAL SCHEDULE



Outdoor Deck

Outdoor Deck

SATURDAY, 3PM

SUNDAY, 3PM

SATURDAY, 3PM

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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 2ND SATURDAY

Pryce Tea -**Tea Appreciation**

What to Expect -

- · Oasia Tea Blends
- The Art of Brewing Tea

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 2ND SATURDAY Pryce Tea -Tea Appreciation

What to Expect -

- Oasia Tea Blends
- The Art of Brewing Tea

EVERY 3RD SUNDAY Farming

What to Expect -

- An Introduction to urban farming and the Grobrix story
- Hydroponic growing Why? What? How?

EVERY 4TH SUNDAY

Asmara - Food Myths,

Nutrition & Herbalism

Behind Their Tonics

Traditional Medicine

Nutrition Myths

Tea Or Coffee

What to Expect -

tasting session

• Explore Asmara & The Science

Understand Common Food &

• Learn About Science-Based

• [Workshop] Blend Your Own

Personalised Health Functional

Grobrix - Community Urban

• Interactive herb and microgreen

EVERY 4TH SATURDAY Young & Living -Beauty

• Linen Spray, Hair Serum

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

Ditch & Switch And Clean

What to Expect -

• Safe Usage of Oil

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

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

What to Expect -

- Safe Usage of Oil
- Linen Spray, Hair Serum

LEARN WELL WORKSHOPS

@WELLNESS LOUNGE