

ACTIVITIES

SCAN TO REGISTER



Note:

^Capacity limit of 15 persons

For any assistance or enquiries,
please approach the front desk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8AM - 9AM SUNRISE YOGA OASIA RESORT SENTOSA OUTDOOR DECK^	8AM - 9AM SUNRISE YOGA OASIA RESORT SENTOSA OUTDOOR DECK^	8AM - 9AM SUNRISE YOGA OASIA RESORT SENTOSA OUTDOOR DECK^	8AM - 9AM SUNRISE YOGA OASIA RESORT SENTOSA OUTDOOR DECK^	8AM - 9AM SUNRISE YOGA OASIA RESORT SENTOSA OUTDOOR DECK^	8AM - 9AM SUNRISE YOGA OASIA RESORT SENTOSA OUTDOOR DECK^	8AM - 9AM SUNRISE YOGA OASIA RESORT SENTOSA OUTDOOR DECK^
	10AM - 11AM AQUA BOXING & TABATA VILLAGE HOTEL SENTOSA LEVEL 3 PAMUKKALE POOL		10AM - 11AM AQUA BOXING & TABATA VILLAGE HOTEL SENTOSA LEVEL 3 PAMUKKALE POOL	3PM - 4PM CAPTAIN BALL (POOL ACTIVITY) VILLAGE HOTEL SENTOSA LEVEL 3 ADVENTURE POOL	3PM - 4PM RING TOSS (POOL ACTIVITY) VILLAGE HOTEL SENTOSA LEVEL 3 ADVENTURE POOL	
				5PM - 6PM AQUA ZUMBA VILLAGE HOTEL SENTOSA LEVEL 3 ADVENTURE POOL	5PM - 6PM AQUA ZUMBA VILLAGE HOTEL SENTOSA LEVEL 3 ADVENTURE POOL	
				7PM - 9PM MOVIE NIGHT VILLAGE HOTEL SENTOSA LEVEL 3 ADVENTURE POOL	7PM - 9PM MOVIE NIGHT VILLAGE HOTEL SENTOSA LEVEL 3 ADVENTURE POOL	



Sunrise Yoga



Aqua Zumba



Movie Night



**MONDAY
THURSDAY
SATURDAY**

Body Scrub Making

What to Expect

- Understand the benefits of exfoliating your skin two to three times a week for a healthy, radiant glow.
- Create your own homemade body scrub, ideal for smoothing rough areas like feet, knees, elbows, hands, and caring for nail beds and cuticles.

**TUESDAY
FRIDAY**

Bath Bomb Making

What to Expect

- Learn about the skin-loving benefits of natural ingredients like essential oils, salts, and botanicals used in bath bombs.
- Enjoy a fun, hands-on session where you'll mix, mold, and customise your own fizzy, fragrant bath bombs to elevate your bath time ritual.

**WEDNESDAY
SUNDAY**

Oasia Balm Making

What to Expect

- Learn how long hours in air-conditioned environments can lead to dry skin and lips.
- Indulge in a hands-on session guided by skilled spa therapists and craft your own moisturising body balm to elevate your self-care routine.

LIVE WELL WORKSHOPS

11AM @WELLNESS LOUNGE

Available only for guests staying in
Wellness Wing and Suite Rooms.
Register directly with our Wellness Hosts.



oasia
RESORT · SENTOSA
SINGAPORE