

ACTIVITIES

SCAN TO REGISTER



Note:
*For guests aged 16 years old and above only
^Capacity limit of 15 persons

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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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^
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10AM - 11AM
AQUA BOXING & TABATA
 THE OUTPOST HOTEL SENTOSA
 LEVEL 7 SKY POOL*^

10AM - 11AM
AQUA BOXING & TABATA
 THE OUTPOST HOTEL SENTOSA
 LEVEL 7 SKY POOL*^

9AM - 11AM
HAND BALL
 (POOL ACTIVITY)
 VILLAGE HOTEL SENTOSA
 LEVEL 3 ADVENTURE POOL

9AM - 11AM
WATER POLO
 VILLAGE HOTEL SENTOSA
 LEVEL 3 ADVENTURE POOL

3PM - 5PM
CAPTAIN BALL
 (POOL ACTIVITY)
 VILLAGE HOTEL SENTOSA
 LEVEL 3 ADVENTURE POOL

3PM - 5PM
RING TOSS
 (POOL ACTIVITY)
 VILLAGE HOTEL SENTOSA
 LEVEL 3 ADVENTURE POOL

5PM - 6PM
AQUA ZUMBA
 VILLAGE HOTEL SENTOSA
 LEVEL 3 ADVENTURE POOL

4PM - 5PM
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

WEEKLY

NOVEMBER 2024

MONDAY & SATURDAY, 11AM
Oasia Balm Making

WEDNESDAY* & SUNDAY, 11AM
Body Scrub Making

FRIDAY, 11AM
Bath Bomb Making

SATURDAY, 4PM

9 NOV
Crunch Cutlery – Make your own cutlery
What to Expect
• Learn about the edible innovation that is great for you and the environment
• Make your own granola cutlery

16 NOV
Unique Ones – Soy Wax Candle Making
What to Expect
• Learn about the benefits of soy candles
• Personalise your scented soy candle made from natural ingredients

23 NOV
Grobrix – Community Urban Farming
What to Expect
• Learn all about Grobrix and the basics of modern urban farming methods.
• Understand the sustainability and health benefits of growing your own food and eating locally.

DECEMBER 2024

SATURDAY, 4PM

7 DEC
Grobrix – Community Urban Farming
What to Expect
• Learn all about Grobrix and the basics of modern urban farming methods.
• Understand the sustainability and health benefits of growing your own food and eating locally.

21 DEC
Crunch Cutlery – Make your own cutlery
What to Expect
• Learn about the edible innovation that is great for you and the environment
• Make your own granola cutlery

***WEDNESDAY, 11AM**

25 DEC
Oasia Spa – Candle Making Workshop
What to Expect
• Enjoy a special candle making workshop with a unique Christmas themed scented essential oil.

Available only for guests staying in Wellness Rooms (Junior Suites and above)
Register directly with our Front Office team.

LEARN WELL
WORKSHOPS @WELLNESS LOUNGE