

# ACTIVITIES

**SCAN TO REGISTER**

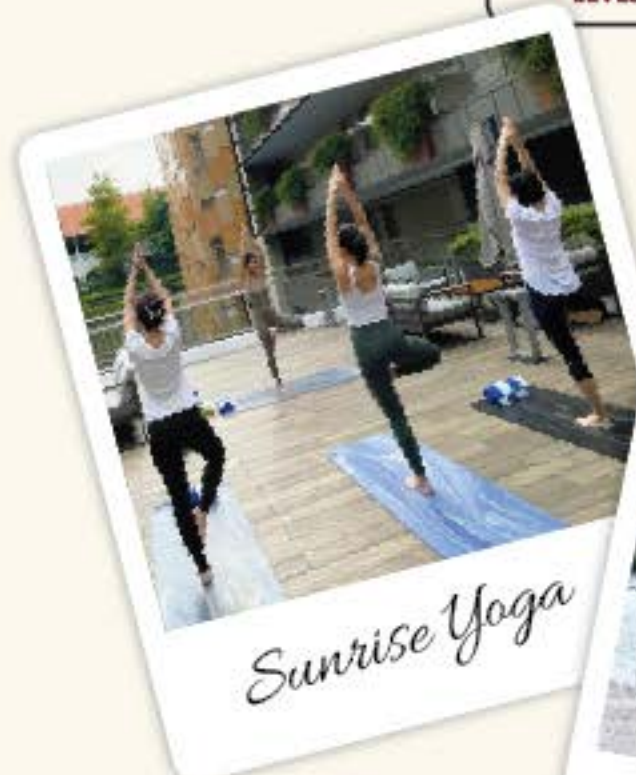


Note:  
\*For guests aged 16 years old and above only  
^Capacity limit of 15 persons

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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<p><b>8AM - 9AM</b> <b>SUNRISE YOGA</b></p> <p>OASIA RESORT SENTOSA OUTDOOR DECK^</p>	<p><b>8AM - 9AM</b> <b>SUNRISE YOGA</b></p> <p>OASIA RESORT SENTOSA OUTDOOR DECK^</p>	<p><b>8AM - 9AM</b> <b>SUNRISE YOGA</b></p> <p>OASIA RESORT SENTOSA OUTDOOR DECK^</p>	<p><b>8AM - 9AM</b> <b>SUNRISE YOGA</b></p> <p>OASIA RESORT SENTOSA OUTDOOR DECK^</p>	<p><b>8AM - 9AM</b> <b>SUNRISE YOGA</b></p> <p>OASIA RESORT SENTOSA OUTDOOR DECK^</p>	<p><b>8AM - 9AM</b> <b>SUNRISE YOGA</b></p> <p>OASIA RESORT SENTOSA OUTDOOR DECK^</p>	<p><b>8AM - 9AM</b> <b>SUNRISE YOGA</b></p> <p>OASIA RESORT SENTOSA OUTDOOR DECK^</p>
	<p><b>10AM - 11AM</b> <b>AQUA BOXING &amp; TABATA</b></p> <p>THE OUTPOST HOTEL SENTOSA LEVEL 7 SKY POOL*^</p>		<p><b>10AM - 11AM</b> <b>AQUA BOXING &amp; TABATA</b></p> <p>THE OUTPOST HOTEL SENTOSA LEVEL 7 SKY POOL*^</p>	<p><b>9AM - 11AM</b> <b>HAND BALL</b> (POOL ACTIVITY)</p> <p>VILLAGE HOTEL SENTOSA LEVEL 3 ADVENTURE POOL</p>	<p><b>9AM - 11AM</b> <b>WATER POLO</b></p> <p>VILLAGE HOTEL SENTOSA LEVEL 3 ADVENTURE POOL</p>	
				<p><b>3PM - 5PM</b> <b>CAPTAIN BALL</b> (POOL ACTIVITY)</p> <p>VILLAGE HOTEL SENTOSA LEVEL 3 ADVENTURE POOL</p>	<p><b>3PM - 5PM</b> <b>RING TOSS</b> (POOL ACTIVITY)</p> <p>VILLAGE HOTEL SENTOSA LEVEL 3 ADVENTURE POOL</p>	
				<p><b>5PM - 6PM</b> <b>AQUA ZUMBA</b></p> <p>VILLAGE HOTEL SENTOSA LEVEL 3 ADVENTURE POOL</p>	<p><b>4PM - 5PM</b> <b>AQUA ZUMBA</b></p> <p>VILLAGE HOTEL SENTOSA LEVEL 3 ADVENTURE POOL</p>	
				<p><b>7PM - 9PM</b> <b>MOVIE NIGHT</b></p> <p>VILLAGE HOTEL SENTOSA LEVEL 3 ADVENTURE POOL</p>	<p><b>7PM - 9PM</b> <b>MOVIE NIGHT</b></p> <p>VILLAGE HOTEL SENTOSA LEVEL 3 ADVENTURE POOL</p>	



*Sunrise Yoga*



*Aqua Zumba*



*Movie Night*





WEEKLY

MONDAY Body Scrub Making  
TUESDAY Bath Bomb Making  
WEDNESDAY Oasia Balm Making  
THURSDAY Body Scrub Making  
FRIDAY Bath Bomb Making  
SATURDAY Body Scrub Making  
SUNDAY Oasia Balm Making

JANUARY 2025

SATURDAY  
11 JAN

**Soy Wax Candle Making  
by Unique Ones**

*What to Expect*

- Learn about the benefits of soy candles
- Personalise your scented soy candle made from natural ingredients

25 JAN

**Make your own cutlery  
by Crunch Cutlery**

*What to Expect*

- Learn about the edible innovation that is great for you and the environment
- Make your own granola cutlery

FEBRUARY 2025

SATURDAY

8 FEB

**Make your own cutlery  
by Crunch Cutlery**

*What to Expect*

- Learn about the edible innovation that is great for you and the environment
- Make your own granola cutlery

22 FEB

**Soy Wax Candle Making  
by Unique Ones**

*What to Expect*

- Learn about the benefits of soy candles
- Personalise your scented soy candle made from natural ingredients

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

**LEARN WELL** WORKSHOPS

11AM @WELLNESS LOUNGE