

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
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 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

SEPTEMBER 2024

MONDAY & SATURDAY, 11AM
Oasia Balm Making

SATURDAY, 4PM

7 SEP

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

14 SEP

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

28 SEP

Wellness Hour - Body Scrub Making

What to Expect

- Learn how to make your own body scrub using repurposed dehydrated coffee grounds

WEDNESDAY & SUNDAY, 11AM
Body Scrub Making

SUNDAY, 4PM

8 SEP

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

22 SEP

Wellness Hour - Balm Making

What to Expect

- Learn to make your own crafted body balm that nourishes your skin to elevate your self-care routine

FRIDAY, 11AM
Bath Bomb Making

SATURDAY, 4PM

5 OCT

Wellness Hour - Bath Bomb Making

What to Expect

- Learn how to make your own bath bomb with Oasia Spa's recipe to fill your bath with vibrant colour and calming

19 OCT

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

26 OCT

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.

OCTOBER 2024

SUNDAY, 4PM

13 OCT

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 benefits of growing your own food and

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

LEARN WELL
WORKSHOPS @WELLNESS LOUNGE