

WEEKLY

MARCH 2025

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY

Body Scrub Making
Bath Bomb Making
Oasia Balm Making
Body Scrub Making
Bath Bomb Making
Body Scrub Making
Oasia Balm Making

SATURDAY
8 MAR

Community Urban Farming
by Grobrix

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.

22 MAR

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

29 MAR

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

APRIL 2025

SATURDAY
5 APR

Soap Making
by Unique Ones

What to Expect

- Learn about the benefits of handmade soaps
- Personalise your soap made from natural ingredients

12 APR

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

26 APR

Community Urban Farming
by Grobrix

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.

LEARN WELL WORKSHOPS

11AM @WELLNESS LOUNGE

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



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	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 - 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

