

MONDAY

Self-Care Hour
Oasia Balm Making
11am – 12pm
Wellness Lounge

Power Yoga*
4pm – 5pm
Outdoor Deck

Aqua Zumba
5pm – 6pm
Pool

Sunset Yoga
6pm – 7pm
Outdoor Deck

TUESDAY

Power Yoga*
4pm – 5pm
Outdoor Deck

Aqua Zumba
5pm – 6pm
Pool

Mat Pilates
6pm – 7pm
Outdoor Deck

WEDNESDAY

Self-Care Hour
Body Scrub Making
11am – 12pm
Wellness Lounge

Power Yoga*
4pm – 5pm
Outdoor Deck

Aqua Zumba
5pm – 6pm
Pool

Sunset Yoga
6pm – 7pm
Outdoor Deck

THURSDAY

Power Yoga*
4pm – 5pm
Outdoor Deck

Aqua Zumba
5pm – 6pm
Pool

Mat Pilates
6pm – 7pm
Outdoor Deck

FRIDAY

Wind-Down Hour
Bath Bomb Making
11am – 12pm
Wellness Lounge

Power Yoga*
4pm – 5pm
Outdoor Deck

Aqua Zumba
5pm – 6pm
Pool

Sunset Yoga
6pm – 7pm
Outdoor Deck

SATURDAY & SUNDAY

Sunrise Qi Gong
8am – 9am
Oasia Spa Terrace

Self-Care Hour
Oasia Balm Making
11am – 12pm, Saturday
Wellness Lounge

Learn Well Workshop
by Partners
3pm – 4.30pm
Wellness Lounge

Power Yoga*
4pm – 5pm
Outdoor Deck

Aqua Zumba
5pm – 6pm
Pool

Inside Flow
6pm – 7pm
Outdoor Deck

Self-Care Hour
Body Scrub Making
11am – 12pm, Sunday
Wellness Lounge

DAILY RECREATIONAL SCHEDULE



JUNE 2023

SATURDAY, 3PM

10 JUN

Pryce Tea – Tea Appreciation

What to Expect

- Learn about basics of tea brewing techniques and tips
- Savour Oasia's signature tea blends - Refresh, Refuel, Recharge, and discover their unique homeopathic benefits.

17 JUN

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.

24 JUN

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

SUNDAY, 3PM

4 JUN

Party Express – Tote Bag Painting

What to Expect

- Learn about how painting can help in stress relief and anxiety
- Personalise your own tote bag

18 JUN

Unique Ones – Message Candle Making

What to Expect

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

25 JUN

Young & Living – Ditch & Switch to Clean Beauty

What to Expect

- Learn about safe usage of oil
- Linen spray and hair serum making

JULY 2023

SATURDAY, 3PM

1 JUL

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

8 JUL

Pryce Tea – Tea Appreciation

What to Expect

- Learn about basics of tea brewing techniques and tips
- Savour Oasia's signature tea blends - Refresh, Refuel, Recharge, and discover their unique homeopathic benefits.

22 JUL

Unique Ones – Soap Making

What to Expect

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

SUNDAY, 3PM

2 JUL

Party Express – Tote Bag Painting

What to Expect

- Learn about how painting can help in stress relief and anxiety
- Personalise your own tote bag

9 JUL

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

16 JUL

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.

30 JUL

Young & Living – Ditch & Switch to Clean Beauty

What to Expect

- Learn about safe usage of oil
- Linen spray and hair serum making

**LEARN WELL
WORKSHOPS @WELLNESS LOUNGE**

