

MONDAY**Self-Care Hour****Oasia Balm Making**

11am - 12pm

*Wellness Lounge***Aqua Zumba**

5pm - 6pm

*Pool***Sunset Yoga**

6pm - 7pm

*Outdoor Deck***TUESDAY****Aqua Zumba**

5pm - 6pm

*Pool***Mat Pilates**

6pm - 7pm

*Outdoor Deck***WEDNESDAY****Self-Care Hour****Body Scrub Making**

11am - 12pm

*Wellness Lounge***Aqua Zumba**

5pm - 6pm

*Pool***Sunset Yoga**

6pm - 7pm

*Outdoor Deck***THURSDAY****Aqua Zumba**

5pm - 6pm

*Pool***Mat Pilates**

6pm - 7pm

*Outdoor Deck***FRIDAY****Wind-Down Hour****Bath Bomb Making**

4pm - 5pm

*Wellness Lounge***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***Self-Care Hour****Body Scrub Making**

11am - 12pm, Sunday

*Wellness Lounge***LEARN WELL Workshop*****by Partners**

3pm - 4.30pm

*Wellness Lounge***Aqua Zumba**

5pm - 6pm

*Pool***Inside Flow**

6pm - 7pm

Outdoor Deck

DAILY RECREATIONAL SCHEDULE

SATURDAY, 3PM

11 MAR

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

18 MAR

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.

SUNDAY, 3PM

5 MAR

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.

12 MAR

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 MAR

**Young & Living –
Ditch & Sh to Clean Beauty***What to Expect*

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

SATURDAY, 3PM

1 APR

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

8 APR

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

15 APR

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.

29 APR

Unique Ones – Soy Wax Candle Making*What to Expect*

- Personalise your scented candle made from natural ingredients

SUNDAY, 3PM

9 APR

**Unique Ones – Soy Wax Candle Making
(Easter Theme)***What to Expect*

- Learn about the benefits of soy candles
- Personalise your scented soy candle with a special Easter theme made from natural ingredients

16 APR

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.

23 APR

**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**