

# MO *experiences*

APRIL 2024



## *Breathwork*

Daily | 7am to 7pm | 1 hour session

Discover the transformative power of Conscious Connected Breathing guided by a dedicated trainee of the renowned Alan Dolan, also known as the “Breath Guru”.

AED 440 per person.

*For booking, please call extension 7311.*



## *Mat and Lagree Reformer Pilates*

Every Monday, Tuesday, Wednesday, Friday and Saturday | 9 to 9:45am

Improve your overall strength and endurance through our Lagree equipment and mat Pilates workout sessions.

Complimentary for in-house guests and Lifestyle members (AED 88 per person).

*For booking, please call extension 7311.*



## *Spring Camp*

25 March to 12 April | 8:30am to 3:30pm

Throughout the week, our Spring Kids Camp presents a diverse range of daily engaging activities, ensuring an enriching and memorable experience.

Advance booking is priced at AED 375 per day and AED 1,595 per week.

*For booking, please call extension 7311.*

EMIRATES PALACE MANDARIN ORIENTAL, ABU DHABI



## *Himalayan Singing Bowls*

Daily | 10am to 10pm | 1 hour session

Experience rejuvenation with a revitalizing treatment for your body's energy flow, promoting balance and restoring vitality. Book your session and enjoy a complimentary 30-minute Moroccan Aromatic Steam.

AED 650 per person.

*For more information, please call extension 7885.*



## *Handstand and Calisthenic Workshop by Muscle Up*

Thursday, 4 April | 4 to 5:30pm

Discover the art of Handstands, Muscle Ups, and various calisthenics techniques in a 90-minute workshop by Abu Dhabi's premier calisthenics studio, Muscle Up Fitness.

AED 172 per person.

*For booking, please call extension 7311.*



## *Hip-Hop Kids Dance*

Every Friday | 5 to 6pm

Calling our young dancers! Join the excitement and jump into the rhythm of fun with our dynamic hip-hop dance teacher and let the dance floor be your playground.

Complimentary class for guests ages 8 and up.

*For booking, please call extension 7311.*

MOVEMENT & EXERCISE

|           | 9 to 9:45am   | 10 to 10:45am   | 4 to 4:45pm                                | 6 to 6:45pm   |
|-----------|---|---|--|---|
| MONDAY    | LAGREE PILATES<br>Body and Mind Studio<br>at Mandarin Wing                  |   | AQUATIC EXERCISE<br>Mandarin Wing Pool     |   |
| TUESDAY   | MAT PILATES<br>Body and Mind Studio<br>at Mandarin Wing                     | SWIMMING BEACH<br>OPENWATER TRAINING<br>With Lifeguard Team<br>Resort Hub |  | OUTDOOR EXERCISE<br>Outdoor Gym                                 |
| WEDNESDAY | LAGREE PILATES<br>Body and Mind Studio<br>at Mandarin Wing                  | SWIMMING BEACH<br>OPENWATER TRAINING<br>With Lifeguard Team<br>Resort Hub |  | OUTDOOR EXERCISE<br>Outdoor Gym                                 |
| THURSDAY  | OUTDOOR EXERCISE GYM<br>Outdoor Gym   | ELLIPTICAL BIKE TOUR<br>Meet at Resort Hub                                | BEACH VOLLEYBALL<br>Meet at Resort Hub     |   |
| FRIDAY    | PILATES MAT & LAGREE<br>Body and Mind Studio<br>at Mandarin Wing            |   |  | OUTDOOR EXERCISE<br>Outdoor Gym                                 |
| SATURDAY  | LAGREE PILATES<br>(Ladies Only)<br>Body and Mind Studio<br>at Mandarin Wing | SWIMMING BEACH<br>OPENWATER TRAINING<br>With Lifeguard Team<br>Resort Hub |  | RELAXING SUNSET SUP<br>Mandarin Wing Beach<br>(By the Aqua Fun) |
| SUNDAY    | OUTDOOR EXERCISE GYM<br>Outdoor Gym   |   | ELLIPTICAL BIKE TOUR<br>Meet at Resort Hub | RELAXING SUNSET SUP<br>Mandarin Wing Beach<br>(By the Aqua Fun) |

WEEKLY KIDS' ACTIVITIES

|           | 11 to 11:45am                       | 12 to 12:45pm                                  | 3 to 4pm                        | 5 to 6pm                        |
|-----------|-------------------------------------|--|---------------------------------|---------------------------------|
| MONDAY    | MINI OBSTACLE<br>Kids Club          |  | BASKETBALL<br>Kids Club         | MUSICAL CHAIRS<br>Kids Club     |
| TUESDAY   | ROCK ART<br>Kids Club               | PAPER PLANE MAKING<br>Kids Club                |                                 | FITNESS CHALLENGE<br>Kids Club  |
| WEDNESDAY | TABLE TENNIS CHALLENGE<br>Kids Club |  | MAGICAL MOVIE TIME<br>Kids Club | MINI FOOTBALL<br>Kids Club      |
| THURSDAY  |                                     | HEAD,SHOULDERS,KNEES<br>CHALLENGE<br>Kids Club | MUSICAL LIMBO<br>Kids Club      | HIDE AND SEEK FUN<br>Kids Club  |
| FRIDAY    | PUZZLE COMPETITION<br>Kids Club     | MUSICAL CHAIRS<br>West Beach                   | STORY TELLING<br>Kids Club      |                                 |
| SATURDAY  |                                     | COLORING CONTEST<br>Kids Club                  | OBSTACLE COURSE<br>Kids Club    | SUNSET CAMEL RIDES<br>Kids Club |
| SUNDAY    | BRACELET MAKING<br>Kids club        |  | FITNESS CHALLENGE<br>Kids Club  | URBAN DANCE CLASS<br>Kids Club  |

**Outdoor Exercise Gym | Location: Outdoor Gym**

*An energizing beachfront exercise experience and functional movement workout – expertly tailored by our ‘Movement & Exercise Coaches’ to provide personalized guidance for each participant.*

**Aquatic Exercise | Location: Mandarin Wing Pool**

*Dive into a refreshing aquatic exercise class where you'll strengthen, tone, and improve your fitness in a supportive water-based environment.*

**Relaxing Sunset SUP | Location: Mandarin Wing Beach (By the Aqua Fun)**

*A mind-body balance, core and integrated movement workout on a Stand-Up Paddle Board. During the period of dusk, you will also engage with calming breathwork to refresh the mind.*

**Elliptical Bike Tour | Location: Meet at Resort Hub**

*Discover new areas of the sprawling Palace property, on our Elliptical Bike Tour. Combining cardiovascular fitness, balance, leg strength and muscular endurance in one cool adventure.*

**Swimming Beach Openwater Training | Location: Meet at Resort Hub**

*Swimming along the coastline from the Resort Hub to Oriental Beach – with swimming coaching tips and lifeguard support on Kayak.*

**Mat and Lagree (Reformer) Pilates | Location: Meet at Body and Mind Studio at Mandarin Wing**

*Increases your core strength, muscular strength, and muscular endurance with our Lagree equipment and mat Pilates exercises.*

**Kids Club | Location: Adjacent to Cascades Restaurant at the Mandarin Wing**

*The Kids operates from 10am until sunset.*

*Activities are recommended for children of 5 years and above.*

**Note** - All classes are available by drop-in – guests may attend any class without pre-booking. We look forward to seeing you there!

Guests may join any class up until 10 minutes after the start. We kindly request that guests do not join after this time to ensure all attendees are properly warmed up. Please wear suitable clothing so that you may completely enjoy the classes you attend.

