



EMIRATES PALACE  
ABU DHABI

# RESORT ACTIVITY SCHEDULE

December 2021

## FITNESS, WELLNESS & SPORTS

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ACTIVITY	BOOTCAMP	HIIT BURN	LADIES TENNIS MORNING*	RHYTHM RIDE (SPIN)	RUNNING CLUB 5K	TRX	SUNRISE YOGA
VENUE	West Fitness Centre (Outdoors)	West Fitness Centre	Tennis Court 1	West Fitness Centre	Meet at West Fitness Centre	West Fitness Centre	West Hilltop (Outdoors)
TIME	9AM – 9.45AM	10AM – 11.00AM	9AM – 10.30AM	7AM – 8AM	7AM – 8AM	9AM – 9.45AM	7.30AM – 8.30AM
ACTIVITY	DUMBBELLS BLAST	STRETCH & RECOVERY	TRX	STRETCH & RECOVERY	ABS & BACK	PADDLE HOUR	PILATES FUSION
VENUE	West Fitness Centre	West Fitness Centre	West Fitness Centre	West Fitness Centre	West Fitness Centre	West Water Sports	West Fitness Centre
TIME	6PM – 6.45PM	6PM – 6.30PM	5PM – 5.45PM	9AM – 9.30AM	10AM – 10.45AM	10AM – 11.00AM	9AM – 09.45AM
ACTIVITY	HIIT RIDE (SPIN)	TENNIS SOCIAL NIGHT*	VINYASA FLOW YOGA	BOLLYWOOD DANCE	SUNSET PADDLE	CIRCUIT TRAINING	ZUMBA
VENUE	Palace Terrace (Outdoors) East	Tennis Court 1	West Wing Garden Atrium (Outdoors)	West Fitness Centre	West Water Sports	West Fitness Centre	West Fitness Centre
TIME	6PM – 7PM	8.30PM – 10PM	6PM – 7PM	6PM – 7PM	5PM – 6PM	6PM – 6.45PM	6PM – 7PM

\*See backside for charges.

## WEEKEND KIDS ACTIVITIES

THURSDAY			<b>BRACELET GIFT MAKING</b> 3PM – 3.45PM West Kids Club Dome	<b>MINI FOOTBALL</b> 4PM – 5PM West Beach	
FRIDAY	<b>SACK RACE GAME</b> 11AM – 11.45AM West Pool Lawn Area	<b>FESTIVE FACE PAINTING</b> 12PM – 12.45PM West Kids Beach Hut	<b>TUG OF WAR GAME</b> 2PM – 2.45PM West Pool Lawn Area	<b>WATER BALLOON FIGHT</b> 3PM – 3.30PM West Beach	<b>CHRISTMAS MOVIE NIGHT</b> 6PM – 7.30PM Cascade Lawn Area
SATURDAY	<b>JUNIOR YOGA</b> 11AM – 11.45AM West Fitness Centre	<b>CHRISTMAS ARTS &amp; CRAFTS</b> 12PM – 12.45PM West Beach	<b>WATER BALL</b> 3PM – 3.45PM West Beach		

Meeting point for all activities is the West Kids Club Dome. For children 6 years and above.

Advance reservations are required for all Fitness, Wellness and Sports as well as Kids Activities. Slots are limited to assure capacity limitations are adhered to. Other COVID-19 precautionary measures are in place.

For all activities, please arrive at least 10 minutes before the activity begins. Please wear appropriate clothing.

For bookings and further information, please contact the **Beach Club Reception** via +971 (2) 690 7311 or extension 7311.

# MONTHLY HIGHLIGHTS

## Winter Kids Camp

12 – December, 8am – 3pm

Supported by Haddins Sports, the Emirates Palace presents an action-packed kids camp during the winter break. Get active with sports and creative with arts in a small and safe group setting. Prices start at AED325 per day.



## Junior Lifeguard Camp

17 – 18 December, 8am – 5pm

Holiday-edition. A two-day programme in for children wherein they will learn survival and rescue skills through an expert curriculum and a range of engaging water activities. Includes a certificate of participation. Prices start at AED999.



## Festive Fun & Birthdays

Daily, 10am – Sunset

We make sure that everyone can make special memories this festive season. From 19 December to 1 January, join daily kids club activities and treasure hunts or gather your friends and celebrate your birthday with us.



## Tree Lighting & Winter Village

11 December – 5 January, 2pm – 10pm

Tuck into festive treats and sing along with the Christmas carollers. Immerse yourself in the ultimate Christmas experience at our Winter Village, including Glice skating and dining options at the Oriental Gazebo chalets.



## Cycle it Out

Sundays 6pm & Wednesdays, 7am

Test your endurance and strength riding into the sunset with Matt on Sundays or cycle to the rhythm through climbs and sprints with Theresa on Wednesday mornings: spinning is always a good idea!



## Al fresco Yoga

Tuesdays, 6pm & Saturdays, 7.30am

Find your inner zen, stretch, release and strengthen with our yoga teachers taking you through a Vinyasa flow at sunset and energizing Hatha flow at sunrise in the scenic gardens of the Palace. Suitable for all levels.



## The Season to Spa-rkle

Daily, 7am – Sunset

After a busy day of Christmas shopping, escape the bustling crowds in a quiet sanctuary created especially for relaxation. Savor the festive season with special spa escapes or tantalizing gift sets and gift card options.



## Beach Day Escape

Daily, 7am – Sunset

Elevate your beach experience in the privacy of your own cabana, enjoy vast ocean front views and easy access to the Aquafun park and other activities. In-cabana spa treatments on request. Prices for cabanas start at AED516.



## RATES

**Fitness, Wellness & Sports Activities:** *Complimentary* for Hotel Guests and Beach Club Members (except for \* activities). *Activities marked \** and for *external guest drop-in:* AED95 for Tennis, AED110 for Spin and AED80 for Yoga.

**Kids Activities:** *Complimentary* for Hotel Guests and Beach Club Members.

For more information and reservations, please call +971 2 690 7311 or email [epauh-beachclub@mohg.com](mailto:epauh-beachclub@mohg.com).

### TERMS & CONDITIONS FOR FITNESS, WELLNESS AND SPORTS ACTIVITIES

- Reservations are required for all activities, are Minimum of 2 confirmed booking for the class to run, in case of less than 2 booking the activity will be cancelled.
- It is requested to reserve booking 24 hours in advance
- Participants are requested to arrive on time as the activities start promptly as advertised.
- Children between the age of 14-17 years must be accompanied by an adult over 21 years.
- While utilizing the gym and group class No children under 14 years of age will be allowed in the gym for any reason.
- Class schedule changes may occur. Any such changes will be communicated accordingly
- For more information or reservations, please call Beach Club Reception at +971 (0) 2 690 7311 or the extension 7311 (for hotel guests)
- Visitors to carry personal hygiene kits, and use their own towels. No towels may be provided by the hotel.
- All members will be required to wear their face masks upon entering the fitness suite and at all times while doing the group classes masks may only be lowered while intense work out
- The number of guests allowed to use the fitness studio at one time shall not exceed capacity of 07 person including the instructor



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