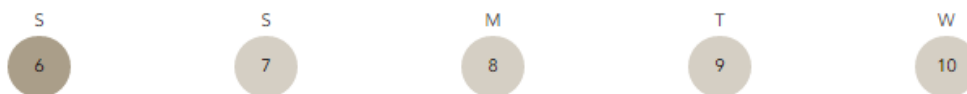




INTRODUCTION TO SERENITY ACTIVITIES CALENDAR

Be sure to make the most of our daily timetable of activities that are designed to enrich your Zula experience for learning, being active, focus on your wellbeing, spending time as a family, and simply taking time out from your daily routine.

ACTIVITY CALENDAR



NOVEMBER 2021

7:00	Stretching Class Group Movement Studio	
8:00	Island Walk Beach	
9:00	Tabata Group Movement Studio	
14:00	Beach Volleyball Beach	
16:00	Tai Chi Group Movement Studio	
17:00	Beach Nature Walk Beach	

KEY TO SYMBOLS



Fitness



Max participants



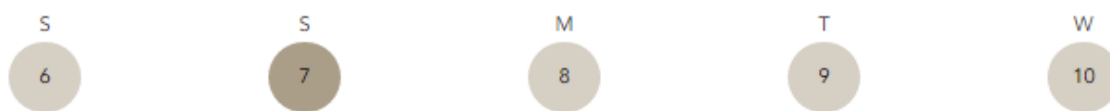
Beginners level



INTRODUCTION TO SERENITY ACTIVITIES CALENDAR

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ACTIVITY CALENDAR



NOVEMBER 2021

7:00	Tai Chi Group Movement Studio	
8:00	Marine Eco Trail Beach	
9:00	Freeform Power Group Movement Studio	
14:00	Island Walk Beach	
16:00	Vinyasa Yoga Yoga Studio	
17:00	Marine Eco Trail Beach	

KEY TO SYMBOLS



Fitness



Max participants



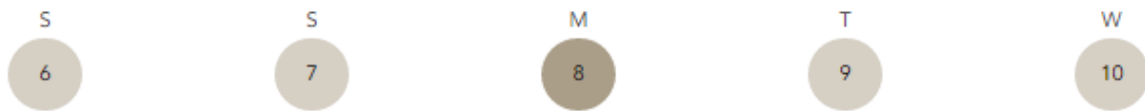
Beginners level



INTRODUCTION TO SERENITY ACTIVITIES CALENDAR

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ACTIVITY CALENDAR



NOVEMBER 2021

7:00	Meditation Yoga Studio	
8:00	Marine Eco Trail Beach	
9:00	Low Impact Aerobics Group Movement Studio	
14:00	Island Walk Beach	
16:00	Stretching Class Group Movement Studio	
17:00	Marine Eco Trail Beach	

KEY TO SYMBOLS



Fitness



Max participants



Beginners level



INTRODUCTION TO SERENITY ACTIVITIES CALENDAR

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ACTIVITY CALENDAR



NOVEMBER 2021

7:00	Roll and Release Group Movement Studio	
8:00	Beach Nature Walk Beach	
9:00	Step Aerobics Group Movement Studio	
14:00	Marine Eco Trail Beach	
16:00	MOTR Pilates Group Movement Studio	
17:00	Beach Volleyball Beach	

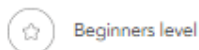
KEY TO SYMBOLS



Fitness



Max participants



Beginners level



INTRODUCTION TO SERENITY ACTIVITIES CALENDAR

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ACTIVITY CALENDAR



NOVEMBER 2021

7:00	Morning Jog with Stretch Beach	
8:00	Island Walk Beach	
9:00	Aqua Noodle Balance Male & Female Spa	
14:00	Beach Volleyball Beach	
16:00	Roll and Release Group Movement Studio	
17:00	Beach Volleyball Beach	

KEY TO SYMBOLS



Fitness



Max participants



Beginners level