

THE MULIA MULIA RESORT & VILLAS NUSA DUA - BALI



What's On This Week at Mulia Bali!

| Time | Monday | ٦ | Tuesday | Wednesd | ay | Thursday |
|--|--|---|--|--|--|--|
| 7.00AM - 7.45AM | Yin Yoga Eden Garden | Morning Walk & Workout Resort Lobby | | Vinyasa Yoga Eden Garden | | Yin Yoga Eden Garden |
| 8.30AM - 9.15AM | T25 Fitness Centre | MMA Workout Fitness Centre | | HIIT Fitness Centre | | Boot Camp Fitness Centre |
| BREAKFAST HIGHLIGHTS | **The Cafe (Available Daily) | **Cannelé (Upscale Breakfast) (Available Daily from 8 am) | | **The Ca i (Available Da | - | **Cannelé (Upscale Breakfast) (Available Daily from 8 am) |
| ACTIVITIES HIGHLIGHTS | **Private Bonfire on the Beach with toasted Marsmallow S'mores 24-hour advance reservation | **Hair Braiding (Available Daily) | | **Cinema by T 24-hour advance res | servation | **Balinese Costume (Available Daily) |
| (Available to Purchase) SPORT & WELLNESS | required (Available Daily) **Sound Theraphy | Splash Pool **Kids Yoga (Tuesday & Saturday) | | required (Available **Cardio Bo | xing | Splash Pool **Personal Trainer (Available Daily) |
| HIGHLIGHTS (Available to Purchase) | (Available Daily) Fitness Centre Balinese Dance Class | Reserved at Fitness Centre Write Your Name with Balinese Characters | | (Available Da Fitness Cen "Canang" (Ba Offering) Makir | tre linese | (Available Daily) Fitness Centre Make Your Own "Tridatu" Bracelete |
| | Center Beach Area | | ter Beach Area | Center Beach | | Center Beach Area |
| 11.00AM - 11.30AM | Social Pool Games | Socia | | ard Pool Social Pool G | ames | Social Pool Games |
| 11.30AM - 12.00PM | Pass 10 Courtyard Pool | Basket Polo Courtyard Pool | | Water Polo Courtyard Pool | | Olympic Games Courtyard Pool |
| LUNCH HIGHLIGHTS | **Table8 A La Carte Menu (Available Daily) | **Soleil A La Carte Menu (Available Daily) | | **Cannelé A La Carte Menu (Available Daily) | | **Soleil A La Carte Menu (Available Daily) |
| SPA HIGHLIGHTS | **Express Body Scrub 30 minutes (Available Daily) | ** De-stress Journey 120 minutes (Available Daily) | | **Couples Sensation 150 minutes (Available Daily) | | **Hot Relaxing Coco Cup Massage 90 minutes (Available Daily) |
| 3.00PM - 6.00PM | **Afternoon Tea at Cannelé (Available daily 3 - 6PM) | **Mulia Picnic by the Beach 24-hour advance reservation required (Available daily) | | **Afternoon Tea at The Bar (Available daily 3 - 6PM) | | **Special Watermelon Cooler at Ocean Pool (Available Daily) |
| 4.00PM - 4.45PM | Trampoline Workout Fitness Centre | Water Sound Theraphy (WATSU) Courtyard Pool | | Tabata Fitness Cen | tre | Stability Ball Stretch Fitness Centre |
| 5.00PM - 5.45PM | | Sunset Yoga Mulia Garden | | Floating Yo Fitness Cen | | |
| 5.00PM - 6.00PM | Juggling Lesson Middle Beach | Beach Soccer North Beach | | Pentanqu Middle Beau | | Juggling Lesson Middle Beach |
| DINNER HIGHLIGHTS | **Sundowner Drinks Cascade Lounge (10am - 10pm) | Drin | or After Dinner ks at The Bar 1am - 11pm) | **Sundowner at Sky Ba (5pm - 11pr | ar | **Pre or After Dinner Drinks at Cascade Lounge (10am - 10pm) |
| | **The Cafe "Live Cooking All You Can Eat" (Available Daily) | Buffet & | ble8 "Chinese A la Carte Menu" ailable Daily) | **Edogin "Teppa Set Menu & A la Ca (Available Daily | rte Menu" | **Soleil "A la Carte Menu" (Available Daily) |
| | **Romantic Dinner OASIS For Two Exclusive for The Mulia & Mulia Villas guest only 24-hour advance reservation required (available daily - based on table availability) | at C 24-hour adv | omantic Dinner ourtyard Pool vance reservation required y - based on table availability) | ** Romantic Di by the ZJ's Island on 1 24-hour advance reservati (based on table avail | 4 Feb 2024 ion required | ** Romantic Dinner at Courtyard Pool 24-hour advance reservation required (available daily - based on table availability) |
| Time | Friday | | Saturday | | | Sunday |
| 7.00AM - 7.45AM | Kundalini Yoga Meditation Eden Garden | | Jiva Mukti Yoga Eden Garden | | | |
| | | ation | | | | Hatha Yoga Eden Garden |
| 8.30AM - 9.15AM | | ation | Eden (| | | |
| 8.30AM - 9.15AM BREAKFAST HIGHLIGHTS | Eden Garden MMA Workout | ation | Eden (Syner Fitness **Ca (Upscale | Garden gy 360 | | Eden Garden Boot Camp |
| BREAKFAST | Eden Garden MMA Workout Fitness Centre **The Cafe | le Board | Eden (Syner Fitness (Upscale (Available Da **Private Swin (Availab | Garden gy 360 s Centre nnelé Breakfast) | 24-hour | Eden Garden Boot Camp Fitness Centre **The Cafe |
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