

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
BREAKFAST HIGHLIGHTS ACTIVITIES HIGHLIGHTS	Eden Garden MMA Workout Fitness Centre **The Cafe (Available Daily) **Kayak or Stand Up Padd (Available Daily)	le Board ation	Eden (Syner Fitness (Upscale (Available Da **Private Swin (Availat Reserved 1 **Priva (Availat	Garden gy 360 s Centre nnelé Breakfast) ily from 8 am) mming Lesson le Daily) Fitness Centre te Yoga le Daily)	24-hour (Ava **K	Eden Garden Boot Camp Fitness Centre **The Cafe (Available Daily) ashing Surprise Party advance reservation required ailable Daily) Splash Pool ids Tennis Academy (Sunday & Thursday)
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