



THE MULIA
MULIA RESORT & VILLAS
NUSA DUA - BALI

What's On
THIS WEEK



What's On This Week at Mulia Bali!

Time	Monday	Tuesday	Wednesday	Thursday
7.00AM - 7.45AM	Yin Yoga <i>Eden Garden</i>	Morning Walk & Workout <i>Resort Lobby</i>	Vinyasa Yoga <i>Eden Garden</i>	Yin Yoga <i>Eden Garden</i>
8.30AM - 9.15AM	T25 <i>Fitness Centre</i>	MMA Workout <i>Fitness Centre</i>	HIIT <i>Fitness Centre</i>	Boot Camp <i>Fitness Centre</i>
BREAKFAST HIGHLIGHTS	**The Cafe <i>(Available Daily)</i>	**Cannelé <i>(Upscale Breakfast)</i> <i>(Available Daily from 8 am)</i>	**The Cafe <i>(Available Daily)</i>	**Cannelé <i>(Upscale Breakfast)</i> <i>(Available Daily from 8 am)</i>
ACTIVITIES HIGHLIGHTS <i>(Available to Purchase)</i>	**Private Bonfire on the Beach with toasted Marmalade Smores <i>24-hour advance reservation required (Available Daily)</i>	**Hair Braiding <i>(Available Daily)</i> <i>Splash Pool</i>	**Cinema by The Sea <i>24-hour advance reservation required (Available Daily)</i>	**Balinese Costume <i>(Available Daily)</i> <i>Splash Pool</i>
SPORT & WELLNESS HIGHLIGHTS <i>(Available to Purchase)</i>	**Sound Therapy <i>(Available Daily)</i> <i>Fitness Centre</i>	**Kids Yoga <i>(Tuesday & Saturday)</i> <i>Reserved at Fitness Centre</i>	**Cardio Boxing <i>(Available Daily)</i> <i>Fitness Centre</i>	**Personal Trainer <i>(Available Daily)</i> <i>Fitness Centre</i>
10:00AM - 10:45AM	Balinese Dance Class <i>Center Beach Area</i>	Write Your Name with Balinese Characters <i>Center Beach Area</i>	"Canang" (Balinese Offering) Making Class <i>Center Beach Area</i>	Make Your Own "Tridatu" Bracelete <i>Center Beach Area</i>
11.00AM - 11.30AM	Fun Water Aerobics <i>Courtyard Pool</i>			
11.30AM - 12.00PM	Social Pool Games Pass 10 <i>Courtyard Pool</i>	Social Pool Games Basket Polo <i>Courtyard Pool</i>	Social Pool Games Water Polo <i>Courtyard Pool</i>	Social Pool Games Olympic Games <i>Courtyard Pool</i>
LUNCH HIGHLIGHTS	**Table8 A La Carte Menu <i>(Available Daily)</i>	**Soleil A La Carte Menu <i>(Available Daily)</i>	**Cannelé A La Carte Menu <i>(Available Daily)</i>	**Soleil A La Carte Menu <i>(Available Daily)</i>
SPA HIGHLIGHTS	**Express Body Scrub 30 minutes <i>(Available Daily)</i>	**De-stress Journey 120 minutes <i>(Available Daily)</i>	**Couples Sensation 150 minutes <i>(Available Daily)</i>	**Hot Relaxing Coco Cup Massage 90 minutes <i>(Available Daily)</i>
3.00PM - 6.00PM	**Afternoon Tea at Cannelé <i>(Available daily 3 - 6PM)</i>	**Mulia Picnic by the Beach <i>24-hour advance reservation required (Available daily)</i>	**Afternoon Tea at The Bar <i>(Available daily 3 - 6PM)</i>	**Special Watermelon Cooler at Ocean Pool <i>(Available Daily)</i>
4.00PM - 4.45PM	Trampoline Workout <i>Fitness Centre</i>	Water Sound Therapy (WATSU) <i>Courtyard Pool</i>	Tabata <i>Fitness Centre</i>	Stability Ball Stretch <i>Fitness Centre</i>
5.00PM - 5.45PM		Sunset Yoga <i>Mulia Garden</i>	Floating Yoga <i>Fitness Centre</i>	
5.00PM - 6.00PM	Juggling Lesson <i>Middle Beach</i>	Beach Soccer <i>North Beach</i>	Pentanque <i>Middle Beach</i>	Juggling Lesson <i>Middle Beach</i>
DINNER HIGHLIGHTS	**Sundowner Drinks Cascade Lounge <i>(10am - 10pm)</i>	**Pre or After Dinner Drinks at The Bar <i>(11am - 11pm)</i>	**Sundowner Drinks at Sky Bar <i>(5pm - 11pm)</i>	**Pre or After Dinner Drinks at Cascade Lounge <i>(10am - 10pm)</i>
	**The Cafe "Live Cooking All You Can Eat" <i>(Available Daily)</i>	**Table8 "Chinese Buffet & A la Carte Menu" <i>(Available Daily)</i>	**Edogin "Teppanyaki Set Menu & A la Carte Menu" <i>(Available Daily)</i>	**Soleil "A la Carte Menu" <i>(Available Daily)</i>
	**Romantic Dinner OASIS For Two <i>Exclusive for The Mulia & Mulia Villas guest only</i> <i>24-hour advance reservation required (available daily - based on table availability)</i>	**Romantic Dinner at Courtyard Pool <i>24-hour advance reservation required (available daily - based on table availability)</i>	**Romantic Dinner by the ZJ's Island on 14 Feb 2024 <i>24-hour advance reservation required (based on table availability)</i>	**Romantic Dinner at Courtyard Pool <i>24-hour advance reservation required (available daily - based on table availability)</i>
Time	Friday	Saturday	Sunday	
7.00AM - 7.45AM	Kundalini Yoga Meditation <i>Eden Garden</i>	Jiva Mukti Yoga <i>Eden Garden</i>	Hatha Yoga <i>Eden Garden</i>	
8.30AM - 9.15AM	MMA Workout <i>Fitness Centre</i>	Synergy 360 <i>Fitness Centre</i>	Boot Camp <i>Fitness Centre</i>	
BREAKFAST HIGHLIGHTS	**The Cafe <i>(Available Daily)</i>	**Cannelé <i>(Upscale Breakfast)</i> <i>(Available Daily from 8 am)</i>	**The Cafe <i>(Available Daily)</i>	
ACTIVITIES HIGHLIGHTS <i>(Available to Purchase)</i>	**Kayak or Stand Up Paddle Board <i>(Available Daily)</i> <i>Beach Water Sports</i>	**Private Swimming Lesson <i>(Available Daily)</i> <i>Reserved at Fitness Centre</i>	**Splashing Surprise Party <i>24-hour advance reservation required (Available Daily)</i> <i>Splash Pool</i>	
SPORT & WELLNESS HIGHLIGHTS <i>(Available to Purchase)</i>	**Hitting Partner <i>24-hour advance reservation required (Available Daily)</i>	**Private Yoga <i>(Available Daily)</i> <i>Fitness Centre</i>	**Kids Tennis Academy <i>(Sunday & Thursday)</i> <i>Reserved at Fitness Centre</i>	
10:00AM - 10:45AM	Balinese Dance Class <i>Center Beach Area</i>	"Canang" (Balinese Offering) Making Class <i>Center Beach Area</i>	Make Your Own "Tridatu" Bracelete <i>Center Beach Area</i>	
11.00AM - 11.30PM	Fun Water Aerobics & Pareo Extravaganza <i>Courtyard Pool</i>	Fun Water Aerobics <i>Courtyard Pool</i>		
11.30AM - 12.00PM	Social Pool Games Golf Chipping <i>Courtyard Pool</i>	Social Pool Games Basket Polo <i>Courtyard Pool</i>	Social Pool Games Water Polo <i>Courtyard Pool</i>	
LUNCH HIGHLIGHTS	**Table8 A La Carte Menu <i>(Available Daily)</i>	**Cannelé A La Carte Menu <i>(Available Daily)</i>	**Table8 Sunday Lunch Dimsum <i>(12pm - 3pm)</i>	
SPA HIGHLIGHTS	**Firming Phyto Stem Cell Facial 90 minutes <i>(Available Daily)</i>	**Reflexology Massage 30/60 minutes <i>(Available Daily)</i>	**Balinese Hot Oil Hair Treatment 60 minutes <i>(Available daily)</i>	
3.00PM - 6.00PM	**Afternoon Tea Cascade Lounge <i>(Available daily 3pm-6pm)</i>	**Snacks & Cocktails at The Bar <i>(Available Daily)</i>	**Mojito Sundays <i>Ocean Pool</i>	
4.00PM - 4.45PM	Zumba <i>Fitness Centre</i>	Pilates <i>Fitness Centre</i>	Step Class Beginner <i>Fitness Centre</i>	
5.00PM - 5.45PM	Sunset Yoga <i>Mulia Garden</i>	Fun Walking <i>Fitness Centre</i>	Group Suspension Training <i>Fitness Centre</i>	
5.00PM - 6.00PM	Corn Hole Tournament <i>Middle Beach</i>	Beach Soccer <i>North Beach</i>	Beach Volley Ball <i>North Beach</i>	
DINNER HIGHLIGHTS	**Sundowner Drinks at Sky Bar <i>(5pm - 11pm)</i>	**Pre or After Dinner Drinks at Cannelé <i>(10am - 10pm)</i>	**Sundowner Drinks Cascade Lounge <i>(10am - 10pm)</i>	
	**Table8 "Chinese Set Menu" <i>(Available only on 9 Feb 2024)</i>	**The Cafe "Live Cooking All You Can Eat" <i>(Available Daily)</i>	**Edogin "Teppanyaki Buffet" <i>(Available Daily)</i>	
	**Romantic Dinner Table For Two <i>24-hour advance reservation required (available daily - based on table availability)</i>	**Full Moon Romantic Dinner by the Beach <i>24-hour advance reservation required (based on table availability)</i> <i>(24 February 2024)</i>	**Romantic Dinner at Courtyard Pool <i>24-hour advance reservation required (available daily - based on table availability)</i>	

** Charges Apply