

The Palms Town & Country Club

September '24



membership@thepalms.in

OUR INSTAGRAM



THEPALMSGURGAON

VINEYARD BAR

Open



**EVERY FRIDAY
& SATURDAY**

7:30 - 10:30 PM



VUE SALON

offer

Get flat 20% off* on hair services on above 999 +

***Full arms wax free on upto 1499+ services**

Offer validity:

1 - 15

SEPTEMBER



T&C Apply*

**11 am - 8 pm
Closed on Tue**

Food Fests



GOLCONDA EXPRESS

- Hyderabad Food Fest
- At Senses
- Throughout day

6 - 14
SEPTEMBER



TANGRA FOOD FESTIVAL

- At Senses
- At Fusion
- 7:30 pm onwards

23 - 30
SEPTEMBER



RAJASTHANI FOOD FEST

- At Senses
- 7:30 onwards

EVERY
TUESDAY

F&B



UNLIMITED DIMSUM

- Every Saturday
- 12:30 - 3:30 pm
- At Fusion

PIZZA & PASTA

- Every Thursday
- 12:30 - 3:30 pm
- At RFL



ONAM SPECIAL THALI

- 15th September
- 12:30 - 3:30 pm
- At Senses





BROWN'S *Open*

*Throughout the month
1 pm - 11:30 pm*



Godawan 01&02@525++

PICKLEBALL TOURNAMENT

IN SEPTEMBER



3 pm - 8 pm

MEMBER FEE: INR 200
GUEST FEE: INR 300

Reservation required
For reserving a slot contact:
membership@thepalms.in /9650392370

DIY HANDMADE TOTE BAG

- Kid's Activity
- 5:00 pm Onwards
- At Kid's Club
- Age: 5 - 12 years

7
SEPTEMBER



KID'S EVENTS



ORION & THE DARK

- Kid's Movie
- 5 pm Onwards
- At Viceroy Chamber
- Age: 5-12 years

28
SEPTEMBER

WORLD KICKBOXING CHAMPION



CELEBRITY TRAINER

Drew Neal

**15TH SEP || 10 AM - 7 PM
AT FITNESS STUDIO**

Drew Neal, a highly accomplished trainer, has been a personal trainer for 26 years and has trained several celebrities. With 39 years of experience in martial arts, he holds multiple black belts and is a three-time world kickboxing champion and also serves as the Great Britain national kickboxing coach.



Come meet, learn and interact with him at our workshop

15

SEPTEMBER

**MOVIE
TIME**

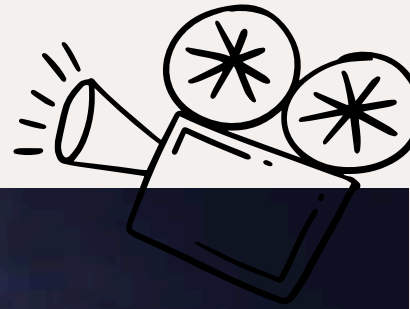
THE GARFIELD MOVIE

Kid's Movie

4 pm Onwards

At Viceroy Chamber

Age: 5 - 12 years



presenting

RITVIK UPADHYAY



RITVIK UPADHYAY IS AN INTERNATIONAL ILLUSIONIST WHO HAS OVER THE YEARS TAKEN HIS SHOW TO 20 COUNTRIES WORLDWIDE.

A SELF-PROCLAIMED "HONEST MAGICIAN", HIS SIGNATURE ACT IS TO USE HIS CHARM AND MAKE YOU LAUGH SO HARD YOU NEVER NOTICE YOUR MISSING WATCH AND WALLET.

A NIGHT OF WONDERS:
STEP INTO A WORLD OF ILLUSION AND
MENTALISM AT OUR EXCLUSIVE EVENT!

MEGA EVENT

*Illusionist &
Mentalist*

**21st Sep, Sat
7 pm Onwards
The Ballroom**

**RITVIK
UPADHYAY**



THE PALMS
TOWN & COUNTRY CLUB



Catering

FOR ALL OCCASIONS

Courtyard Cookout from The Palms-
Redefined Culinary Experience Right at your home
to entertain your guests on any occasion

Min Guarantee - 50 pax
Multi Cuisine Menu
Venue - Your location

 banquet2@thepalms.in

 8800266188

T&C Apply*



PICKLEBALL WORKSHOP & GROUP CLASSES

Kid's Classes

4 - 7 pm everyday (except Mon)
3000++ (for 12 sessions)

Workshop

Every Fri & Sat
5 - 7 pm

Guest fee: 295 AI



GYM Calendar

							1 FIT TO GO 8:30 AM TO 9:30 AM (AJAY)
2 KICK-BOXING 8:30 AM TO 9:30 AM (LUCKY)	3 STEP AEROBICS 8:00 AM TO 9:00 AM (SONAKSHI) —X— YOGA 6:30 PM TO 7:30 PM (SONAKSHI)	4 YOGA 8:00 AM TO 9:00 AM (SHARMILA) —X— KICK-BOXING 6:30 PM TO 7:30 PM (LUCKY)	5 SPINNING 7:45 AM TO 8:35 AM (AJAY) SPINNING 8:40 AM TO 9:30 AM (AJAY) ----X---- YOGA 6:30 PM TO 7:30 PM (SHARMILA)	6 FUNCTIONAL DRILL 8:00 AM TO 9:00 AM (NIKITA) —X— BOOT CAMP 6:30 PM TO 7:30 PM (LUCKY)	7 YOGA 8:00 AM TO 9:00 AM (SONAKSHI)	8 FIT TO GO 8:30 AM TO 9:30 AM (AJAY)	
9 KICK-BOXING 8:30 AM TO 9:30 AM (LUCKY)	10 STEP AEROBICS 8:00 AM TO 9:00 AM (SONAKSHI) —X— YOGA 6:30 PM TO 7:30 PM (SONAKSHI)	11 YOGA 8:00 AM TO 9:00 AM (SHARMILA) —X— KICK-BOXING 6:30 PM TO 7:30 PM (LUCKY)	12 SPINNING 7:45 AM TO 8:35 AM (AJAY) SPINNING 8:40 AM TO 9:30 AM (AJAY) ----X---- YOGA 6:30 PM TO 7:30 PM (SHARMILA)	13 FUNCTIONAL DRILL 8:00 AM TO 9:00 AM (NIKITA) —X— BOOT CAMP 6:30 PM TO 7:30 PM (LUCKY)	14 YOGA 8:00 AM TO 9:00 AM (SONAKSHI)	15 FIT TO GO 8:30 AM TO 9:30 AM (AJAY)	
16 KICK-BOXING 8:30 AM TO 9:30 AM (LUCKY)	17 STEP AEROBICS 8:00 AM TO 9:00 AM (SONAKSHI) —X— YOGA 6:30 PM TO 7:30 PM (SONAKSHI)	18 YOGA 8:00 AM TO 9:00 AM (SHARMILA) —X— KICK-BOXING 6:30 PM TO 7:30 PM (LUCKY)	19 SPINNING 7:45 AM TO 8:35 AM (AJAY) SPINNING 8:40 AM TO 9:30 AM (AJAY) ----X---- YOGA 6:30 PM TO 7:30 PM (SHARMILA)	20 FUNCTIONAL DRILL 8:00 AM TO 9:00 AM (NIKITA) —X— BOOT CAMP 6:30 PM TO 7:30 PM (LUCKY)	21 YOGA 8:00 AM TO 9:00 AM (SONAKSHI)	22 FIT TO GO 8:30 AM TO 9:30 AM (AJAY)	
23 KICK-BOXING 8:30 AM TO 9:30 AM (LUCKY)	24 STEP AEROBICS 8:00 AM TO 9:00 AM (SONAKSHI) —X— YOGA 6:30 PM TO 7:30 PM (SONAKSHI)	25 YOGA 8:00 AM TO 9:00 AM (SHARMILA) —X— KICK-BOXING 6:30 PM TO 7:30 PM (LUCKY)	26 SPINNING 7:45 AM TO 8:35 AM (AJAY) SPINNING 8:40 AM TO 9:30 AM (AJAY) ----X---- YOGA 6:30 PM TO 7:30 PM (SHARMILA)	27 FUNCTIONAL DRILL 8:00 AM TO 9:00 AM (NIKITA) —X— BOOT CAMP 6:30 PM TO 7:30 PM (LUCKY)	28 YOGA 8:00 AM TO 9:00 AM (SONAKSHI)	29 FIT TO GO 8:30 AM TO 9:30 AM (AJAY)	
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