

# INSTA



CHRISTMAS EDITION

# DECEMBER '24

THE PALMS TOWN &  
COUNTRY CLUB





# SUNDAY BRUNCH

**Dates: 8th, 15th & 22nd**

**At The Great Lawn**

**12:30 - 15:30 hrs**

*Elevate your Sundays with  
a Bite of Happiness*

Images are for illustration purposes only.

Table allocation on first come, first served basis

Please make prior reservation at [membership@thepalms.in](mailto:membership@thepalms.in)



AT VICEROY CHAMBERS

# SMURFS



5 PM ONWARDS  
AGE : 7-15 YEARS

7  
DECEMBER



# 14-22

DECEMBER



## *Letter to* **SANTA CLAUS**

My Name is \_\_\_\_\_

I'm \_\_\_\_\_ years old. I've been \_\_\_\_\_ this year.

I would like to receive these gifts:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Thank you*







# CHESS

## *Tournament*



Open for all ages



DAY  
SATURDAY



TIME  
10 AM - 4 PM



MEMBER PRICE: 250 AI  
GUEST PRICE: 350 AI



**REGISTER NOW**

# 14

DECEMBER

For Booking, please contact Membership Desk - +91 9650392370





# TAPAS & SANGRIA EVENING

**6 PM ONWARDS  
AT BROWNS**



**20-27**  
**DECEMBER**





YOU ARE INVITED TO

# CHRISTMAS

*Carnival & Lunch*

MUSIC . FOOD . KID'S ACTIVITIES

25  
DEC

GREAT  
LAWN

12:30 –  
3:30 PM







# 2025 NEW YEAR CELEBRATION DINNER

AT GRAND BALLROOM

DON'T MISS OUT ON:



DJ



FOOD



EMCEE

**31** DEC  
2024

7:30 PM ONWARDS



# Gym

# CALENDAR

						<b>1</b>  <b>FIT TO GO</b> 8:30 AM TO 9:30 AM (AJAY)
<b>2</b>  <b>KICK-BOXING</b> 8:30 AM TO 9:30 AM (LUCKY)	<b>3</b>  <b>STEP AEROBICS</b> 8:00 AM TO 9:00 AM (SONAKSHI) —X— <b>YOGA</b> 6:30 PM TO 7:30 PM (SONAKSHI)	<b>4</b>  <b>YOGA</b> 8:00 AM TO 9:00 AM (SHARMILA) —X— <b>KICK-BOXING</b> 6:30 PM TO 7:30 PM (LUCKY)	<b>5</b>  <b>SPINNING</b> 7:45 AM TO 8:35 AM (AJAY) <b>SPINNING</b> 8:40 AM TO 9:30 AM (AJAY) —X— <b>YOGA</b> 6:30 PM TO 7:30 PM (SHARMILA)	<b>6</b>  <b>FUNCTIONAL DRILL</b> 8:00 AM TO 9:00 AM (PANKAJ PATHAK) —X— <b>BOOT CAMP</b> 6:30 PM TO 7:30 PM (LUCKY)	<b>7</b>  <b>YOGA</b> 8:00 AM TO 9:00 AM (SONAKSHI)	<b>8</b>  <b>FIT TO GO</b> 8:30 AM TO 9:30 AM (AJAY)
<b>9</b>  <b>KICK-BOXING</b> 8:30 AM TO 9:30 AM (LUCKY)	<b>10</b>  <b>STEP AEROBICS</b> 8:00 AM TO 9:00 AM (SONAKSHI) —X— <b>YOGA</b> 6:30 PM TO 7:30 PM (SONAKSHI)	<b>11</b>  <b>YOGA</b> 8:00 AM TO 9:00 AM (SHARMILA) —X— <b>KICK-BOXING</b> 6:30 PM TO 7:30 PM (LUCKY)	<b>12</b>  <b>SPINNING</b> 7:45 AM TO 8:35 AM (AJAY) <b>SPINNING</b> 8:40 AM TO 9:30 AM (AJAY) —X— <b>YOGA</b> 6:30 PM TO 7:30 PM (SHARMILA)	<b>13</b>  <b>FUNCTIONAL DRILL</b> 8:00 AM TO 9:00 AM (PANKAJ PATHAK) —X— <b>BOOT CAMP</b> 6:30 PM TO 7:30 PM (LUCKY)	<b>14</b>  <b>YOGA</b> 8:00 AM TO 9:00 AM (SONAKSHI)	<b>15</b>  <b>FIT TO GO</b> 8:30 AM TO 9:30 AM (AJAY)
<b>16</b>  <b>KICK-BOXING</b> 8:30 AM TO 9:30 AM (LUCKY)	<b>17</b>  <b>STEP AEROBICS</b> 8:00 AM TO 9:00 AM (SONAKSHI) —X— <b>YOGA</b> 6:30 PM TO 7:30 PM (SONAKSHI)	<b>18</b>  <b>YOGA</b> 8:00 AM TO 9:00 AM (SHARMILA) —X— <b>KICK-BOXING</b> 6:30 PM TO 7:30 PM (LUCKY)	<b>19</b>  <b>SPINNING</b> 7:45 AM TO 8:35 AM (AJAY) <b>SPINNING</b> 8:40 AM TO 9:30 AM (AJAY) —X— <b>YOGA</b> 6:30 PM TO 7:30 PM (SHARMILA)	<b>20</b>  <b>FUNCTIONAL DRILL</b> 8:00 AM TO 9:00 AM (PANKAJ PATHAK) —X— <b>BOOT CAMP</b> 6:30 PM TO 7:30 PM (LUCKY)	<b>21</b>  <b>YOGA</b> 8:00 AM TO 9:00 AM (SONAKSHI)	<b>22</b>  <b>FIT TO GO</b> 8:30 AM TO 9:30 AM (AJAY)
<b>23</b>  <b>KICK-BOXING</b> 8:30 AM TO 9:30 AM (LUCKY)	<b>24</b>  <b>STEP AEROBICS</b> 8:00 AM TO 9:00 AM (SONAKSHI) —X— <b>YOGA</b> 6:30 PM TO 7:30 PM (SONAKSHI)	<b>25</b>  <b>YOGA</b> 8:00 AM TO 9:00 AM (SHARMILA) —X— <b>KICK-BOXING</b> 6:30 PM TO 7:30 PM (LUCKY)	<b>26</b>  <b>SPINNING</b> 7:45 AM TO 8:35 AM (AJAY) <b>SPINNING</b> 8:40 AM TO 9:30 AM (AJAY) —X— <b>YOGA</b> 6:30 PM TO 7:30 PM (SHARMILA)	<b>27</b>  <b>FUNCTIONAL DRILL</b> 8:00 AM TO 9:00 AM (PANKAJ PATHAK) —X— <b>BOOT CAMP</b> 6:30 PM TO 7:30 PM (LUCKY)	<b>28</b>  <b>YOGA</b> 8:00 AM TO 9:00 AM (SONAKSHI)	<b>29</b>  <b>FIT TO GO</b> 8:30 AM TO 9:30 AM (AJAY)
<b>30</b>  <b>KICK-BOXING</b> 8:30 AM TO 9:30 AM (LUCKY)	<b>31</b>  <b>STEP AEROBICS</b> 8:00 AM TO 9:00 AM (SONAKSHI) —X— <b>YOGA</b> 6:30 PM TO 7:30 PM (SONAKSHI)					