

MARCH EVENT

CALENDAR

membership@thepalms.in



International
women's day offer

FLAT

25%
DISCOUNT

ON ALL SERVICES

599/- & ABOVE (ONLY FOR WOMEN)

8th March 2025

11am - 8 pm (Tuesday closed)

WITH PRIOR APPOINTMENT ONLY

0124- 4370951 / 9717296531

CELEBRATING SAHIR



presents

Team Raabta's

Wo Afsana...

A soulful evening of
drama, music and poetry

Cast: Jaishree & Shamir
Singer: Ankit, Shreeya
Backstage & Light: Swati
Direction: Shamir

8th Mar, 2025 | 7:00 PM

Venue: The Palms, B Block, Sushant Lok, Phase I, Gurgaon
For bookings : 9650392370



HOLI

Dinner



9TH MARCH | THE GREAT LAWNS

7:30 PM ONWARDS

Member Price:

1350 AI

Guest Price:

1550 AI

T&C APPLY*

Images are for illustration purposes only*
Table allocation on first come first served basis
Please make prior reservation at membership@thepalms.in



HOLI FESTIVE
SALON OFFER

FLAT 20% DISCOUNT
ON ALL BODY SPA'S

12th -17th March 2025

11am -8 pm (Tuesday closed)

With prior appointment only
0124- 4370951 / 9717296531



GALA MUSICAL EVENING

22nd March '25

7:30pm onwards



Grand Ballroom

***Table allocation on first
come first served basis***

Please make prior reservation
at membership@thepalms.in

or contact on Membership Desk
+91 9650392370/0124-4199900



Images are for illustration purposes only



SWIMMING POOL OPENING

Last Week of March

KIDS MOVIE

THE SUPER MARIO



29th March '25

5pm onwards

Age: 4-12 Years



**VICEROY
CHAMBERS**

**FOR BOOKING, CONTACT ON MEMBERSHIP DESK
+91 9650392370**

HEALTH CAMP

SUNDAY,
30TH MARCH'25



10:00AM-4:00PM



AT BALLROOM

Please make prior reservation at
+91 9650392370/0124-4199900



UNLIMITED PIZZA PASTA

EVERY THURSDAY

12:30-03:30pm in RFL



Dim sum Delight

12:30-3:30pm

Every Saturday



At Fusion

GROUP EXERCISE CLASS SCHEDULE MARCH 2025



MON

TUE

WED

THU

FRI

SAT

SUN

Healthfirst

Inspiring Healthy Habits

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