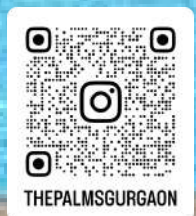


OCTOBER '24

membership@thepalms.in



Instagram



THEPALMSGURGAON

F&B EVENTS



Gujarati Food Fest

- Dinner
- Senses & Courtyard
- Celebrity Chef - Poonam Dedhia coming

4
OCT



Pizza Pasta

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

EVERY
THU



Unlimited Dimsums

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

EVERY
SAT



Sizzling Sizzlers

- 7:30 pm Onwards
- At Senses & Browns
- A la Carte

18-25
OCT



VUE SALON OFFER KARWA CHAOUTH SPECIAL



**Flat 25%* Off
on all services**

- 11:00 - 8:00 pm
- Tuesday Closed

**1-20
OCT**

T&C Apply*

GUJARATI FOOD FEST

4
OCT

Join us for an evening featuring a renowned celebrity Gujarati chef, with an exquisite menu of authentic Gujarati cuisine, paired with vibrant beats from a live DJ

*Senses & Senses Courtyard
Dinner*



T&C Apply*

MEMBER PRICE: 599 AI || GUEST FEE APPLICABLE

7 pm Onwards

The Great Lawn

5

OCT

DJ Beats, Celebrity Chef Treats, Dancers, and More –
A Dandiya Night Like Never Before!

DANDIYA NIGHT

Fasting Feast

NAVRATRI SPECIAL

6th - 11th October

All Day Long
At Senses



First come, first served basis
Images are for representation purposes only

T&C Apply*

The background of the poster is a white surface with various watercolor splatters and washes. A large, central wash transitions from light blue at the top to light pink at the bottom. In the top left corner, there is a jar of purple paint. In the top right corner, there is a palette with several colors of paint, including red, blue, black, and green. A paintbrush with a wooden handle and a metal ferrule is positioned diagonally on the left side. The text is overlaid on the central wash.

PAINTING COMPETITION

5 - 6 PM

OPEN FOR ALL AGES

**6
OCT**



13
OCT

5 PM ONWARDS
7-15 YEARS
AT VICEROY CHAMBER

KID'S MOVIE

JUMANJI



SPECIAL MEHNDI KARWA CHAATH

19TH OCT, 10 AM - 11 PM
20TH OCT, 10 AM - 5 PM

At Vue Salon

20
OCT

KARWA CHAUTHI DINNER



7 PM ONWARDS
AT SENSES COURTYARD

Relish the warmth of
togetherness

MEMBER PRICE: 695 AI
GUEST FEE APPLICABLE*

First come, first served basis
T&C Apply*

Halloween Party



**4 PM ONWARDS
5-16 YEARS
THE GREAT LAWN**

**24
OCT**

Gym

CALENDAR

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