



**THE PALMS**  
TOWN & COUNTRY CLUB

# EVENT CALENDAR



For

# JULY





# MANGO FIESTA

AVAILABLE EVERYDAY  
At Senses

MANGO BASED SALADS, APPETIZERS,  
DESSERTS & DRINKS

Images are for illustration purposes only

# UNLIMITED PIZZA PASTA



**AT RFL**

3<sup>rd</sup> July – Napoli x Paris

10<sup>th</sup> July – Rome x Spain

17<sup>th</sup> July – Florence x Greece

24<sup>th</sup> July – Milan x Germany

31<sup>st</sup> July - Pasta e pizza festa

Images are for illustration purposes only

T&C Apply\*



**LADIES SPECIAL  
@BROWNS**

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**50% OFF  
ON BEVERAGES**

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**EVERY WEDNESDAY  
FROM JULY ONWARDS**

# **DIM SUM MASTER CLASS & CANTONESE INSPIRED LIGHT LUNCH EXPERIENCE**

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**4th & 18th July - Friday**  
**At Fusion | 12:30 pm -3:30 pm**



Images are for illustration purposes only

T&C Apply\*



12th July 2025 | 5pm onwards

Age Group – 6-12 Years

Venue - Viceroy Chambers

For Booking, contact on  
+91 9650392366/0124-4199900

# SALON OFFER



CHOOSE ANY 3 SERVICES  
@1500+TAXES

CHOOSE ANY 4 SERVICES  
@1800+TAXES

Valid on selected services\*

DATE- 9<sup>TH</sup> -20<sup>TH</sup> JULY  
11:00AM-8:00PM  
(TUESDAY CLOSED)



For Booking, contact on  
+91 9717296531/0124-4199900 Ext-444



Images are for illustration purposes only

# Great Indian Coastal Food Promotion

9<sup>th</sup> July, Wednesday  
At Senses | 7:30pm onwards



T&C Apply\*

# **SUSHI MASTER CLASS & JAPANESE INSPIRED LIGHT LUNCH EXPERIENCE**



Images are for illustration purposes only

**11th & 25th July - Friday**  
**At Fusion | 12:30 pm - 3:30 pm**



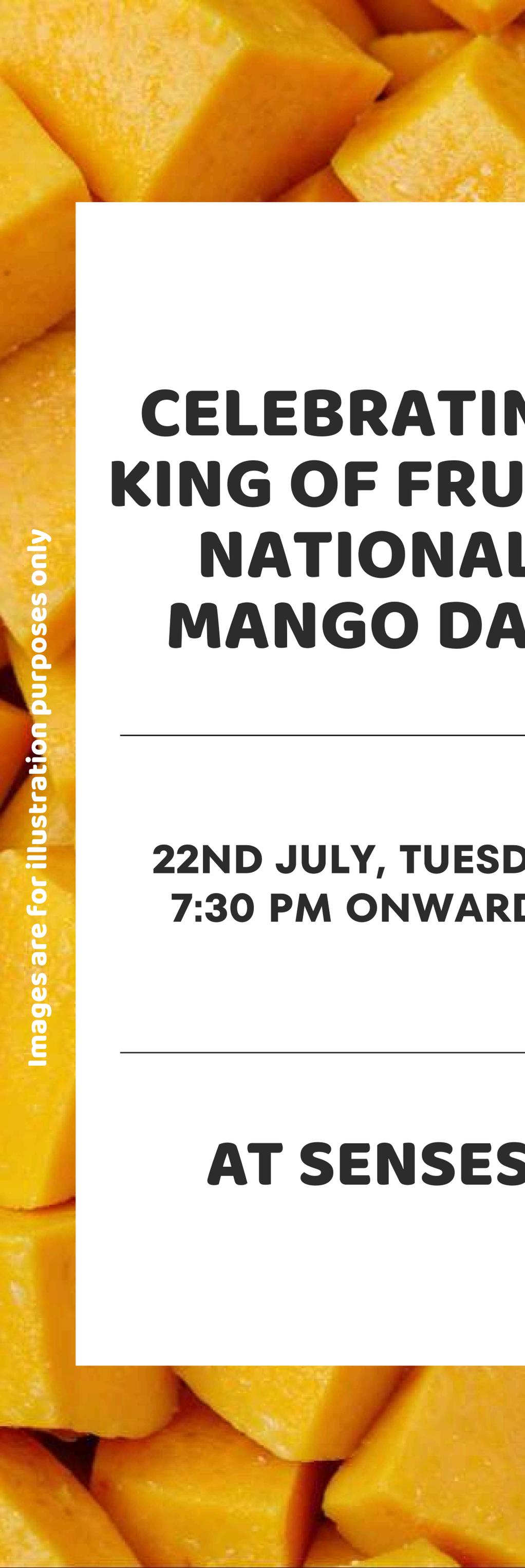
# KIDS ACTIVITY DIY CRAFT

19 July | 5:00 -6:00pm

Age Group - 5-12 Years

**Venue -KIDS CLUB**

For Booking, contact on  
+91 9650392366 / 0124-4199900



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# CELEBRATING KING OF FRUITS NATIONAL MANGO DAY

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**22ND JULY, TUESDAY  
7:30 PM ONWARDS**

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**AT SENSES**

T&C Apply\*



# GROUP EXERCISE CLASS SCHEDULE JULY 2025



**MON TUE WED THU FRI SAT SUN**

# Healthfirst

Inspiring Healthy Habits

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