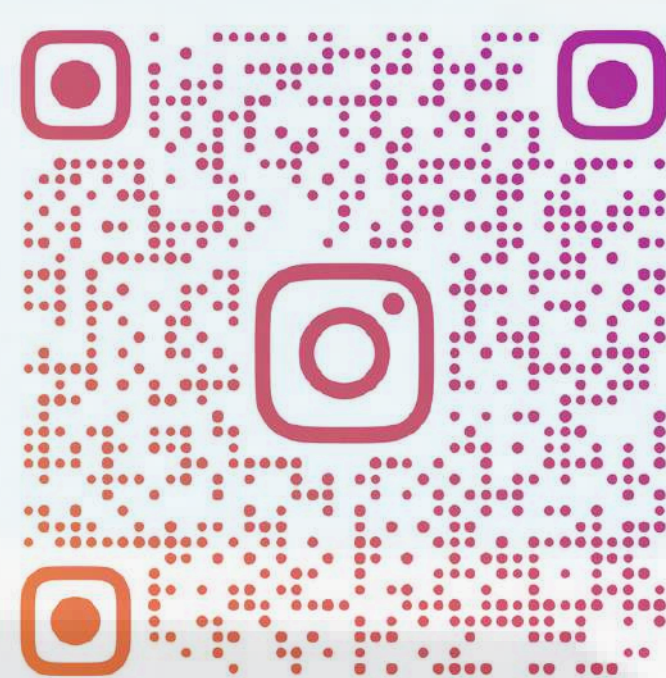




THE PALMS
TOWN & COUNTRY CLUB

MAY EVENT

CALENDAR



THEPALMSGURGAON

membership@thepalms.in

SHAKES AND SMOOTHIES

1ST MAY ONWARDS
AVAILABLE EVERYDAY

AT SENSES



UNLIMITED PIZZA PASTA



AT RFL

1st May - Greek Garden

8th May - Tex-Mex Twist

15th May - All American Deli

22nd May - Truffle Summer

29th May - Spanish Tapas Table

T&C Apply*



CREATIVE CARNIVAL 2.0

**THE MUCH AWAITED CREATIVE CARNIVAL IS BACK!
REGISTRATIONS OPEN ON BOOK MY SHOW**

**3rd & 4th
MAY 2025**

**VENUE:
THE PALMS TOWN & COUNTRY CLUB
SUSHANT LOK, GURGAON**

TIMING: 10AM- 7 PM

FOR BOOKING CONTACT

  **+91 9650392370 / 0124-4199900 / 333**

 **thepalmsgurgaon**

 **membership@thepalms.in**



SUSHI & TEPPANYAKI FEST

Every Friday
At Fusion
7:30pm onwards

FIRST COME FIRST SERVED BASIS

T&C Apply*

POOL CART NEXT TO THE POOL

4-8PM
EVERYDAY

For Booking Contact Membership Desk
+919650392370/0124 4199900

T&C Apply*

DOSAI FOOD FEST

Every Tuesday | At Senses
Lunch & Dinner

FIRST COME FIRST SERVED BASIS

For Booking, contact on Membership Desk

+91 9650392370 / 0124-4199900

T&C Apply*

MEHFIL-E-SAMA

SABRI BROTHERS

9th MAY 2025

7:30 pm onwards

VENUE : BALLROOM

TABLE ALLOCATION ON
FIRST COME FIRST SERVED BASIS

FOR BOOKING CONTACT ON MEMBERSHIP DESK
+91 9650392370/0124-4199900

MIGRATION

At Viceroy Chambers



17TH MAY 2025 | 5pm Onwards

Age Group: 4-12 Years

FOR BOOKING, CONTACT ON MEMBERSHIP DESK
+91 9650392370/0124-4199900



STAGE & TV ANCHORING WORKSHOP

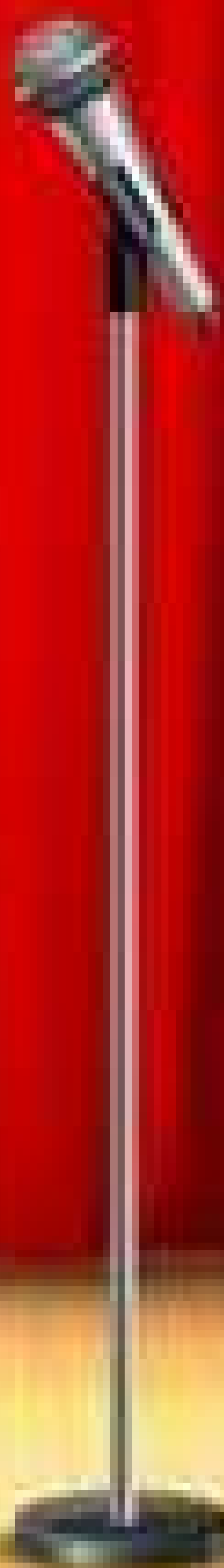
18th–22nd May
6pm to 7pm

Age Group- 9-14 Years
Adults are not allowed

At Viceroy Chambers

For Booking Contact Membership Desk
+919650392370/0124 4199900

PLAY



24TH MAY
7:30 onwards
Ballroom

For Booking Contact Membership Desk
+919650392370/0124 4199900

T&C Apply*



KIDS ACTIVITY DIY CRAFT

25 May 2025
5:00pm-6:00pm

Age Group
5-14 Years

Venue – Kid's Club

Images are for illustration purposes only

For Booking, contact on Membership Desk
+91 9650392370 / 0124-4199900

T&C Apply*

BOOT CAMP FOR KIDS

26th to 29th | 10pm to 2pm

VENUE: BALLROOM

AGE-5-13 YEARS
ADULTS ARE NOT ALLOWED

For Booking Contact Membership Desk
+919650392370 / 0124 4199900

T&C Apply*

SWIMMING COMPETITION FOR KIDS

29TH MAY | 4PM ONWARDS

For Booking Contact Membership Desk
+ 919650392370 / 0124 4199900

T&C Apply*

RFL REVISED SUMMER OPERATIONAL TIMINGS

OPEN DAILY: 12:00 PM – 11:00 PM



For Booking Contact Membership Desk
+919650392370/0124 4199900

T&C Apply*

GROUP EXERCISE CLASS SCHEDULE MAY 2025



MONTUEWEDTHUFRI SATSUN

Healthfirst
Inspiring Healthy Habits

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