



**THE PALMS**  
TOWN & COUNTRY CLUB

# JULY

EVENTS CALENDAR



**THE PALMS**  
TOWN & COUNTRY CLUB

# Longevity

## SPA OFFER

**BUY 3**  
**BODY SPA'S**  
&  
**GET 1 SPA**  
**COMPLIMENTARY**

**03<sup>RD</sup> - 19<sup>TH</sup> JULY**



**VALIDITY**  
**FOR 3 MONTHS**  
**FROM DATE OF PURCHASE**



**TIME**  
**11:00AM - 8:00PM**  
**(TUESDAY CLOSED)**



**INDULGE • RELAX • REJUVENATE**  
**EXPERIENCE THE ART OF**  
*Wellness & Renewal*



**PLEASE MAKE PRIOR**  
**RESERVATION AT**

**+91 9717296531**

**0124-4199900 EXT-444**

**T & C APPLY**



THE PALMS  
TOWN & COUNTRY CLUB

# SOUTH EAST ASIAN *Street Food*

A vibrant culinary journey through iconic streets and bold flavours of South East Asia.



THROUGHOUT  
THE MONTH



OPERATIONAL TIMINGS  
AS PER FUSION



1-PAGER À LA CARTE MENU  
FEATURING BOLD STREET  
FLAVOURS FROM:

KOREA

VIETNAM

SINGAPORE

THAILAND



STREET-STYLE BITES,  
GRILLS, WOK DISHES &  
SIGNATURE ASIAN FAVOURITES



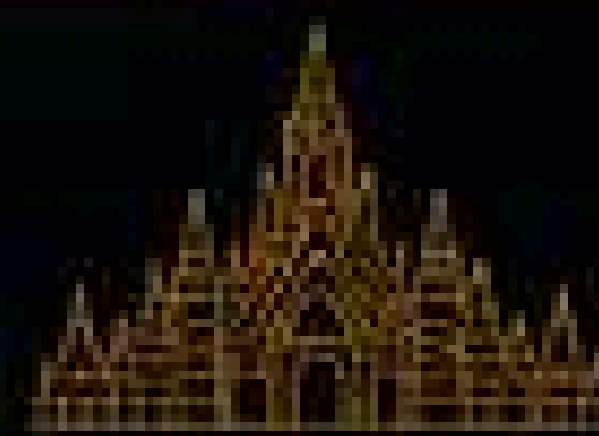
KOREA



VIETNAM



SINGAPORE



THAILAND





THE PALMS  
TOWN & COUNTRY CLUB

# TAMBOLA

## Night

★ FUN. EXCITEMENT. AMAZING PRIZES! ★

TAMBOLA

3	17	41	63
10	24	43	13
7	29	33	

TAMBOLA

5	68	69	74	90
47	55	57	70	83
2	46	64	74	75



Date: TBD



7:00 PM Onwards



Ballroom 3



6 rounds (Including 2 Bumper Rounds)



Kids below 6 years are not allowed



Food & Beverages will be on coupon basis

★ PURCHASING 3 TICKETS IS MANDATORY ★

T&C Apply\*

★ PRIOR BOOKING IS MANDATORY ★

For Booking, please contact on Membership Desk - +91 9910912429 / 0124-4199900



THE PALMS  
TOWN & COUNTRY CLUB

# Jamun Beats Friday's

On 10<sup>th</sup> & 24<sup>th</sup> July | At Browns  
7:30 PM Onwards

**Jamun Margarita with  
a snack @495 + taxes**

First come First Served basis



THE PALMS  
TOWN & COUNTRY CLUB

# HEALTH CAMP

Good Health. Better Living.



SUNDAY  
12<sup>TH</sup> JULY 2026



10:00 AM - 2:00 PM



AT BALLROOM 3



GENERAL  
HEALTH CHECK-UP



EXPERT  
CONSULTATIONS



ESSENTIAL  
TESTS



PREVENTION  
IS BETTER  
THAN CURE



Please make prior reservation at  
**+91 9910912429/0124-4199900**

•  YOUR HEALTH, OUR PRIORITY.  •



THE PALMS  
TOWN & COUNTRY CLUB

# HOPPERS

FUN, FRIENDS & MAGIC ON SCREEN!



FUN-FILLED  
ANIMATED ADVENTURE



LAUGHTER, FRIENDSHIP  
& EXCITING MOMENTS  
AWAIT



PERFECT WEEKEND  
ENTERTAINMENT  
FOR KIDS



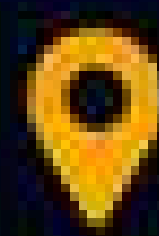
MEMORIES  
THEY'LL CHERISH



SUNDAY  
19<sup>TH</sup> JULY



4 PM  
ONWARDS



LIVING ROOM

MEMBER KID  
₹550 AI



GUEST KID  
₹650 AI

AGE GROUP  
4 - 12 YRS



FOR BOOKINGS, PLEASE CONTACT MEMBERSHIP DESK



+91 9910912429 | 0124-4199900

T & C APPLY



THE PALMS  
TOWN & COUNTRY CLUB

PRESENTS

TEAM RAAABTA'S

# ADABI BAITHAK



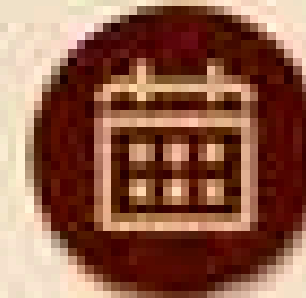
CAST

Jaishree • Sarina • Shamir

DIRECTION

Shamir

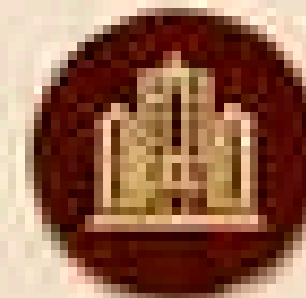
*Urdu adab se kuch mazahiya  
qisse, dastangoi ke  
andaaz main...*



SUNDAY  
26<sup>TH</sup> JULY



7:00 PM



AT GRAND BALLROOM



DURATION  
1 HOUR 10 MINS



AGE GROUP  
14 YEARS & ABOVE

MEMBER PRICE

₹599

GUEST PRICE

₹699



VENUE

THE PALMS, B BLOCK, SUSHANT LOK, PHASE 1, GURGAON

PLEASE MAKE PRIOR RESERVATION

+91 9910912429 | 0124-4199900

T&C Apply

# Love Grills

## Under The

# STARS

A indulgent *Asian brunch* celebrating  
the king of fruits,  
taking the centre stage!



Ala carte  
Dining



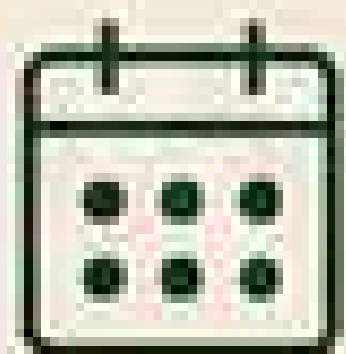
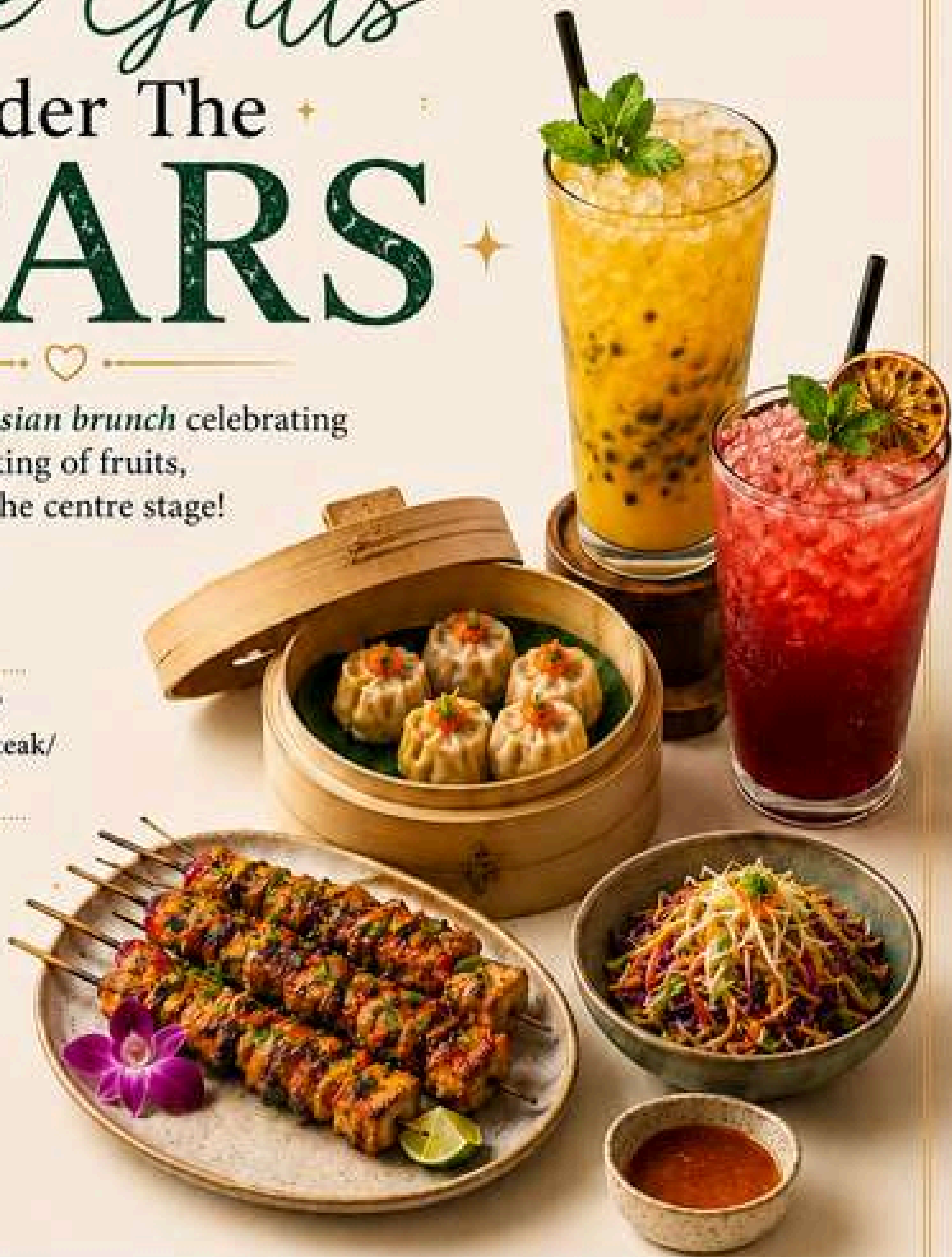
Corn on the cob/  
Cottage cheese steak/  
Tikkas/ Skewers



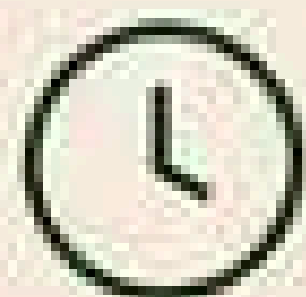
Signature  
Mocktails



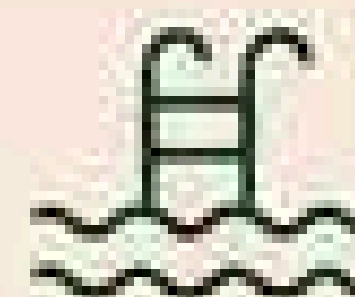
Live Ice  
cream Parlor



EVERY  
FRIDAY &  
SATURDAY



7:30 PM -  
10:00 PM



POOLSIDE  
EXPERIENCE



**THE PALMS**  
TOWN & COUNTRY CLUB

# BOLD & BREW

 **ASIAN** 

**SPECIAL COMBO @ 695+TAXES**

**SAVOR A DELICIOUS ASIAN MEAL BOWL  
PAIRED PERFECTLY WITH A CHILLED BEER**



**Monday - Friday | 12.30 pm - 3.30 pm  
At Fusion**

**First come first serve basis**

T & C APPLY



THE PALMS  
TOWN & COUNTRY CLUB

# MANGO Mania

Sip it,  
Savor it,  
Love it

Available  
**EVERYDAY**

🕒 12.30 PM - 10.30 PM

— AT —  
**SENSES**

STARTING AT JUST

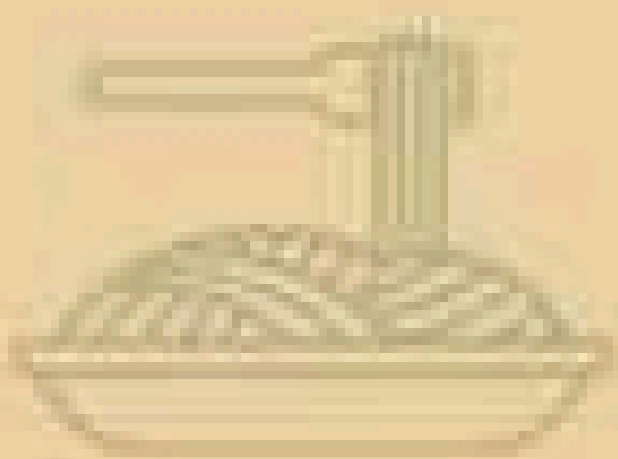
👉 **Rs.195/-** 👈

(A la carte options available for  
beverages, appetizers, desserts & drinks.)





THE PALMS  
TOWN & COUNTRY CLUB



**UNLIMITED**

# PIZZA & PASTA



T&C Apply\*

**EVERY THURSDAY**  
**12:00 - 3:00 PM**  
**MEMBER PRICE: RS 795++**  
**GUEST PRICE: RS 895++**

Images are for illustration purposes only  
First come first served basis



THE PALMS  
DUMPS & COUNTRY CLUB



Unlimited  
**Dimsums**

12:30 – 3:30 pm



Price: Rs. 795++

**EVERY SATURDAY  
AT FUSION**



THE PALMS  
TOWN & COUNTRY CLUB



## REFERRAL OFFER

**For limited period only**

Refer a friend, colleague,  
or family member and  
get free vouchers worth

5,000 /-\*

T&C Apply\*



**SAVE  
THE  
DATE!**

**CREATIVE  
CARNIVAL**

X



**KIDPRENEURS  
INC**

Celebrate the Independence Day Weekend  
with the whole family



CREATIVE  
PLAY ZONES



KIDS  
MARKETPLACE



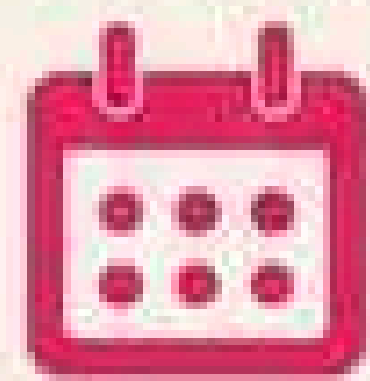
WORKSHOPS



FOOD  
STREET



MUSIC,  
GAMES &  
TRICOLOR VIBES



15<sup>th</sup> & 16<sup>th</sup>  
AUGUST



11 AM - 7 PM



VENUE :  
The Palms Town & Country Club,  
Sushant Lok, Gurgaon



# GROUP EXERCISE CLASS SCHEDULE JULY 2026



**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

**SUN**

# Healthfirst

Inspiring Healthy Habits

		1	2	3	4	5
		<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>SPINNING</b> 8:00 AM TO 9:00 AM (AJAY) ----X---- <b>YOGA</b> 6:30 PM TO 7:30 PM (SHARMILA)	<b>BOOT CAMP</b> 6:30 PM TO 7:30 PM (LUCKY)	<b>YOGA</b> 8:00 AM TO 9:00 AM (SONAKSHI)	
6	7	8	9	10	11	12
<b>KICK-BOXING</b> 8:30 AM TO 9:30 AM (LUCKY)	<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>YOGA</b> 8:00 AM TO 9:00 AM (SHARMILA) ----X---- <b>KICK-BOXING</b> 6:30 PM TO 7:30 PM (LUCKY)	<b>SPINNING</b> 8:00 AM TO 9:00 AM (AJAY) ----X---- <b>YOGA</b> 6:30 PM TO 7:30 PM (SHARMILA)	<b>BOOT CAMP</b> 6:30 PM TO 7:30 PM (LUCKY)	<b>YOGA</b> 8:00 AM TO 9:00 AM (SONAKSHI)	
13	14	15	16	17	18	19
<b>KICK-BOXING</b> 8:30 AM TO 9:30 AM (LUCKY)	<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>YOGA</b> 8:00 AM TO 9:00 AM (SHARMILA) ----X---- <b>KICK-BOXING</b> 6:30 PM TO 7:30 PM (LUCKY)	<b>SPINNING</b> 8:00 AM TO 9:00 AM (AJAY) ----X---- <b>YOGA</b> 6:30 PM TO 7:30 PM (SHARMILA)	<b>BOOT CAMP</b> 6:30 PM TO 7:30 PM (LUCKY)	<b>YOGA</b> 8:00 AM TO 9:00 AM (SONAKSHI)	
20	21	22	23	24	25	26
<b>KICK-BOXING</b> 8:30 AM TO 9:30 AM (LUCKY)	<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>YOGA</b> 8:00 AM TO 9:00 AM (SHARMILA) ----X---- <b>KICK-BOXING</b> 6:30 PM TO 7:30 PM (LUCKY)	<b>SPINNING</b> 8:00 AM TO 9:00 AM (AJAY) ----X---- <b>YOGA</b> 6:30 PM TO 7:30 PM (SHARMILA)	<b>BOOT CAMP</b> 6:30 PM TO 7:30 PM (LUCKY)	<b>YOGA</b> 8:00 AM TO 9:00 AM (SONAKSHI)	
27	28	29	30	31		
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\*Class Schedule or Instructor may change or cancel with prior notice • Minimum four members are required for any class to start  
 • Call for enquiry at 0124 4199900 | Extn:555