

THE PALMS TOWN AND COUNTRY CLUB

Instagram





F&B EVENTS



PIZZA & PASTA

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

AMRITSARI FOOD FEST

- Every Tuesday
- 7:30 pm Onwards
- At Senses





KOREAN FOOD FEST

- Every Wednesday
- 7:30 pm Onwards
- At Fusion

F&B EVENTS



SHAKES & SMOOTHIES

- Available everyday
- At RFL and Senses



UNLIMITED DIMSUM

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



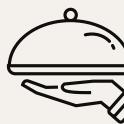
MANGO MANIA

- Available everyday
- At RFL and Senses
- Mango based salads, drinks
 & desserts

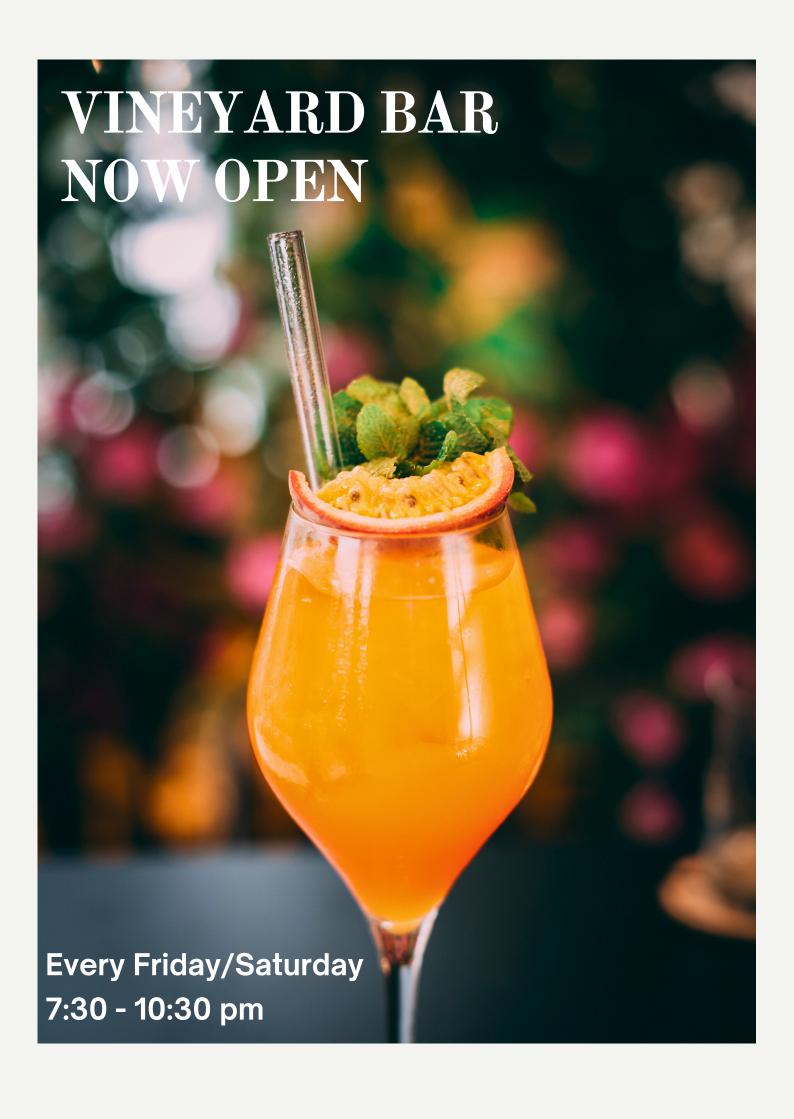


FROZEN MARTINI & MARGARITA

- Available Everyday
- 1:00 11:30 pm
- At Browns



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





INSIDE OUT

Saturday
5:00 pm Onwards
At Viceroy Chamber
Age: 5-14 years



Member Kid: 350 Al

Guest Kid: 450 Al

6 JULY

KID'S MOVIE



GURGAON MOMS IN ASSOCIATION WITH THE PALMS TOWN & COUNTRY CLUB

BOOK LAUNCH

BUNDLE OF JOY

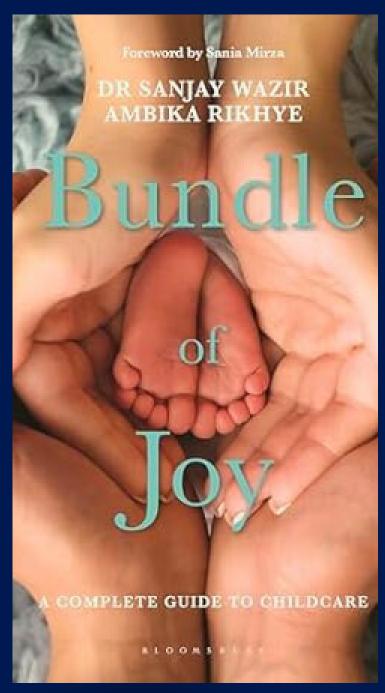
Author: Dr Sanjay Wazir

4:30 - 6:30 pm

At Ballroom 3

Wednesday

Free Entry for Palms members











VUE SALON OFFER

GET SERVICES* WORTH INR 15,000/AND PAY ONLY 10,000/-

Package validity: 6mo from date of purchase

Offer validity:

10 - 28

JULY

11 AM - 8 PM (TUE CLOSED) WITH PRIOR APPOINTMENT ONLY NO. 0124-4370951 / 9717296531

T&C Apply

KID'S ACTIVITIES





KID'S ACTIVITY KID'S MOVIE

- Seed Craft Activity
- 5:00 pm Onwards
- At Kid's Club
- Age: 5-12 years

- Madagascar
- 5:00 pm Onwards
- At Viceroy Chamber
- Age: 5-14 years

13
JULY

20 JULY

Health First

INSPIRING HEALTHY HABITS

3 1 2 6 7 5 10 11 12 13 14 SPIMINING **FUNCTIONAL DRILL** STEP AEROBICS 7:45 AM TO 8:35 AM 8:00 AM TO 9:00 AM YOGA FIT TO GO 8:00 AM TO 9:00 AM 8:00 AM TO 9:00 AM (AJAY) SPIMMING (MIKITA) (SONAKSHI) (SHARWILA) 8:00 AM TO 9:00 AM 8:30 AM TO 9:30 AM 8:40 AM TO 9:30 AM -X-(SONAKSHI) YOGA (ALJAY) (AJAY) KICK-BOXING YOUA **BOOT CAMP** 6:30 PM TO 7:30 PM 6:30 PM TO 7:30 PM 6:30 PM TO 7:30 PM (SONAKSHI) (LUCKY) 6:30 PM TO 7:30 PM (SHARMILA) (LUCKY) 15 16 17 18 19 20 21 SPHANNING **FUNCTIONAL DRILL** STEP AEROBICS YOGA 7:45 AM TO 8:35 AM YOGA FIT TO GO 8:00 AM TO 9:00 AM 8:00 AM TO 9:00 AM 8:00 AM TO 9:00 AM (ALJAY) 8:00 AM TO 9:00 AM 8:30 AM TO 9:30 AM (NUKITA) (SONAKSHI) (SHARMILA) 8:40 AM TO 9:30 AM second Married (SONAKSIN) seem Years --X-(AJAY) YOGA KICK-BOXING (AJAY) YOGA **BOOT CAMP** 8:30 PM TO 7:30 PM 8:30 PM TO 7:30 PM 6:30 PM TO 7:30 PM (SONAKSHI) (LUCKY) 6/39 PM TO 7/30 PM (LUCKY) (SHARIMLA) 22 23 27 28 SPINING FUNCTIONAL DRILL STEP AEROBICS YORK FIT TO GO YOGA 7:45 AM TO 8:35 AM 8:00 AM TO 9:00 AM 8:00 AM TO 9:00 AM 8:00 AM TO 8:00 AM (AJAY) SPIMMING 8:00 AM TO 9:00 AM 8:30 AM TO 9:30 AM (SONAKSHI) MINUTAL (SHARMILA) __X_ 8:40 AM TO 9:30 AM (SONAKSHI) ----(AJAY) -X-YOGA KICK-BOXING (AJAY) **BOOT CAMP** man X man 6:30 PM TO 7:30 PM 6:30 PM TO 7:30 PM YOUA (SONAKSHI) (LUCKY) 6:30 PM TO 7:30 PM 6:30 PM TO 7:30 PM (LUCKY) (SHARMMLA)



STEP AEROGICS

(SONAKSHI)

(SONAKSHI)

X

YOGA

8:00 AM TO 9:00 AM

6:30 PM TO T:30 PM

29



YOGA

___X__

(LUCKY)

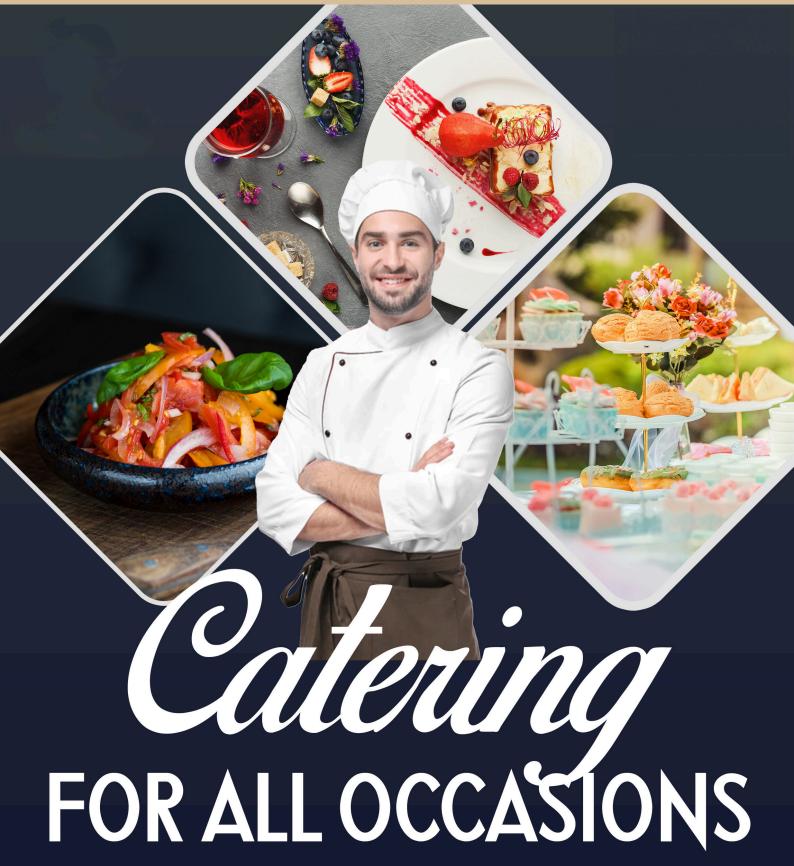
8:00 AM TO 9:00 AM

6:30 PM TO 7:30 PM

(SHARMILA)

KICK-BOXING





Courtyard Cookout from The Palms-Redefined Culinary Experience Right at your home to entertain your guests on any occasion

> Min Guarantee - 50 pax Multi Cuisine Menu Venue - Your location



PICKLEBALL WORKSHOP & WORKSHOP & GROUP CLASSES

KID'S CLASSES

4:00 - 7:00 pm everyday (except Mon) 3000++ (for 12 sessions)

WORKSHOP

Every Fri & Sat 5:00 - 7:00 pm Guest Charges: 200/-