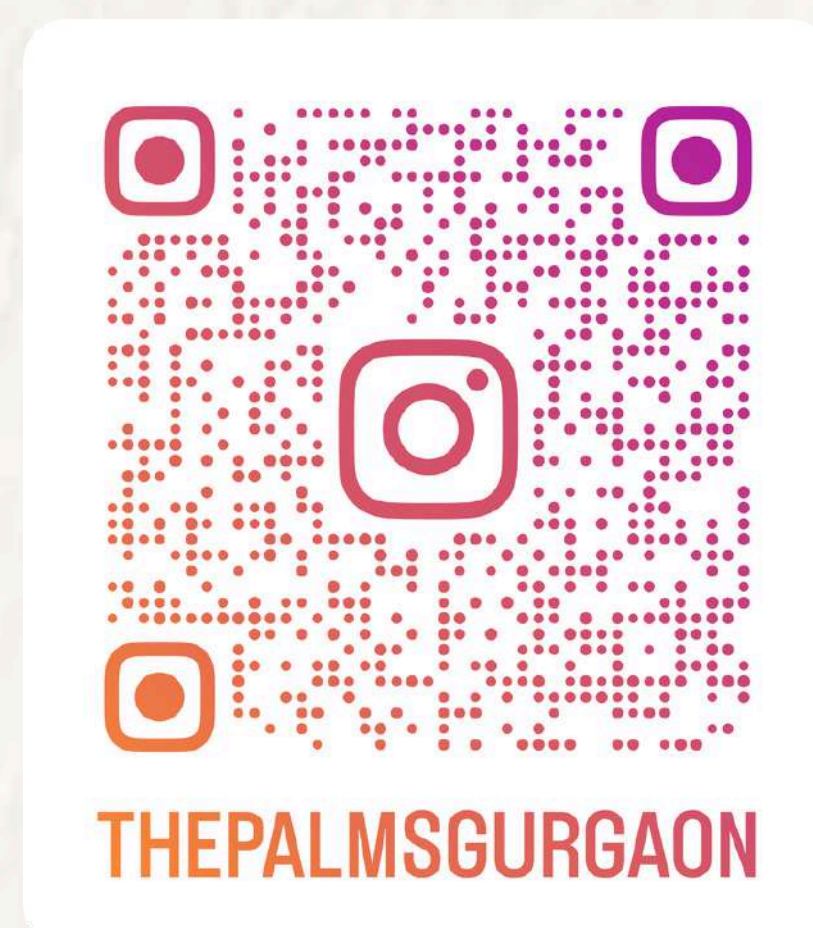




APRIL EVENT

CALENDAR



membership@thepalms.in



FASTING FEAST

(NAVRATRI SPECIAL)



Images are for illustration purposes only

Available for Lunch & Dinner

For more details contact on Membership Desk

+91 9650392370/0124-4199900

30th March - 6th April

FIRST COME FIRST SERVED BASIS

T&C Apply*



KIDS SUMMER CAMP

AGE
7-15

ACTIVITIES

Management Skills

DIY Craft

Dance

Fun Filled Activities

Special Menu & Much More



6TH APRIL, 2025 | TIME : 9AM – 2PM
📍 VENUE : BALLROOM

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

T&C Apply*



AQUA ZUMBA

12TH APRIL 2025

5:00PM -6:00PM

SWIMMING COSTUME AND CAP IS MANDATORY

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

T&C Apply*



PUNJABI SPICE FEST

Flavours of Harvest

12TH APRIL | 7:30PM ONWARDS

Venue- Senses & Senses Courtyard



FIRST COME FIRST SERVED BASIS
Images are for illustration purposes only

T&C Apply*



VUE SALON OFFER

Get services* worth **INR 15,000/-** and pay only 10,000/-

Offer Validity : 16th April - 30th April

Time : 11 AM - 8 PM (Tuesday closed)

Package Validity : 6 months from date of purchase

With Prior Appointment Only

0124-4370951 / 9717296531

T&C Apply*



Tennis Tournament

19th & 20th April
8:00am to 6:00pm

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



Story telling & DIY Craft (Easter Special)

Sweet Sprinkle of Magic

Join Mia and Max on an exciting adventure as they follow a super-secret treasure map leading to the legendary Elixir of Smiles! The clock is ticking—let the adventure begin!



20 APRIL
2025

TIME: 5-6 PM

**VENUE:
VICEROY CHAMBERS**

For booking contact on membership desk
+91 9650392370 / 0124-4199900

Team Raabta



THE PALMS
TOWN & COUNTRY CLUB

CHECK & MATE



A SUBTLE COMEDY IN LUCKNAWI TEHZEEB

INSPIRED BY AN URDU PLAY, 'CHECK & MATE' REVOLVES AROUND A PROUD CHESS PLAYER, WHO IN HIS OLD AGE IS STILL HOLDING ON TO HIS SUPPORT FOR THE NATIONAL STYLE OF PLAYING CHESS AND VALUES.

APRIL

TH
25 2025

7:30 PM

VENUE: BALLROOM

DURATION: 1 HOUR 05 MINS

FOR BOOKING CONTACT ON MEMBERSHIP DESK

+91 9650392370 / 0124-4199900



Dimsum Delight

12:30-3:30pm
Every Saturday



At Fusion

A rustic wooden table with a pizza, olive oil, garlic, tomatoes, and a knife and fork. The pizza is topped with pepperoni, mushrooms, and olives. The olive oil is in a glass bottle. The garlic is in a bulb. The tomatoes are whole. The knife and fork have wooden handles.

UNLIMITED PIZZA PASTA

EVERY THURSDAY

12:30-03:30pm in RFL

GROUP EXERCISE CLASS SCHEDULE APRIL 2025



MON

TUE

WED

THU

FRI

SAT

SUN

Healthfirst

Inspiring Healthy Habits

1
STEP AEROBICS
8:00 AM TO 9:00 AM
(SONAKSHI)
----X----
YOGA
6:30 PM TO 7:30 PM
(SONAKSHI)

2
YOGA
8:00 AM TO 9:00 AM
(SHARMILA)
----X----
KICK-BOXING
6:30 PM TO 7:30 PM
(LUCKY)

3
SPINNING
7:45 AM TO 8:35 AM
(AJAY)
SPINNING
8:40 AM TO 9:30 AM
(AJAY)
-----X-----
YOGA
6:30 PM TO 7:30 PM
(SHARMILA)

4
FUNCTIONAL DRILL
8:00 AM TO 9:00 AM
(NIKITA)
----X----
BOOT CAMP
6:30 PM TO 7:30 PM
(LUCKY)

5
YOGA
8:00 AM TO 9:00 AM
(SONAKSHI)

6
FIT TO GO
8:30 AM TO 9:30 AM
(AJAY)

7
KICK-BOXING
8:30 AM TO 9:30 AM
(LUCKY)

8
STEP AEROBICS
8:00 AM TO 9:00 AM
(SONAKSHI)
-----X-----
YOGA
6:30 PM TO 7:30 PM
(SONAKSHI)

9
YOGA
8:00 AM TO 9:00 AM
(SHARMILA)
-----X-----
KICK-BOXING
6:30 PM TO 7:30 PM
(LUCKY)

10
SPINNING
7:45 AM TO 8:35 AM
(AJAY)
SPINNING
8:40 AM TO 9:30 AM
(AJAY)
-----X-----
YOGA
6:30 PM TO 7:30 PM
(SHARMILA)

11
FUNCTIONAL DRILL
8:00 AM TO 9:00 AM
(NIKITA)
----X----
BOOT CAMP
6:30 PM TO 7:30 PM
(LUCKY)

12
YOGA
8:00 AM TO 9:00 AM
(SONAKSHI)

13
FIT TO GO
8:30 AM TO 9:30 AM
(AJAY)

14
KICK-BOXING
8:30 AM TO 9:30 AM
(LUCKY)

15
STEP AEROBICS
8:00 AM TO 9:00 AM
(SONAKSHI)
-----X-----
YOGA
6:30 PM TO 7:30 PM
(SONAKSHI)

16
YOGA
8:00 AM TO 9:00 AM
(SHARMILA)
-----X-----
KICK-BOXING
6:30 PM TO 7:30 PM
(LUCKY)

17
SPINNING
7:45 AM TO 8:35 AM
(AJAY)
SPINNING
8:40 AM TO 9:30 AM
(AJAY)
-----X-----
YOGA
6:30 PM TO 7:30 PM
(SHARMILA)

18
FUNCTIONAL DRILL
8:00 AM TO 9:00 AM
(NIKITA)
----X----
BOOT CAMP
6:30 PM TO 7:30 PM
(LUCKY)

19
YOGA
8:00 AM TO 9:00 AM
(SONAKSHI)

20
FIT TO GO
8:30 AM TO 9:30 AM
(AJAY)

21
KICK-BOXING
8:30 AM TO 9:30 AM
(LUCKY)

22
STEP AEROBICS
8:00 AM TO 9:00 AM
(SONAKSHI)
-----X-----
YOGA
6:30 PM TO 7:30 PM
(SONAKSHI)

23
YOGA
8:00 AM TO 9:00 AM
(SHARMILA)
-----X-----
KICK-BOXING
6:30 PM TO 7:30 PM
(LUCKY)

24
SPINNING
7:45 AM TO 8:35 AM
(AJAY)
SPINNING
8:40 AM TO 9:30 AM
(AJAY)
-----X-----
YOGA
6:30 PM TO 7:30 PM
(SHARMILA)

25
FUNCTIONAL DRILL
8:00 AM TO 9:00 AM
(NIKITA)
----X----
BOOT CAMP
6:30 PM TO 7:30 PM
(LUCKY)

26
YOGA
8:00 AM TO 9:00 AM
(SONAKSHI)

27
FIT TO GO
8:30 AM TO 9:30 AM
(AJAY)

28
KICK-BOXING
8:30 AM TO 9:30 AM
(LUCKY)

29
SPEP AEROBICS
8:00 AM TO 9:00 AM
(SONAKSHI)
-----X-----
YOGA
6:30 PM TO 7:30 PM
(SONAKSHI)

30
YOGA
8:00 AM TO 9:00 AM
(SHARMILA)
-----X-----
KICK-BOXING
6:30 PM TO 7:30 PM
(LUCKY)

• 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



THE PALMS
TOWN & COUNTRY CLUB



CREATIVE CARNIVAL 2.0

**WE ARE EXCITED THAT OUR
SIGNATURE CREATIVE CARNIVAL IS COMING BACK**

**3rd & 4th
MAY 2025**

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

FOR BOOKING CONTACT

+91 9650392370 / 0124-4199900 / 333

 **thepalmsgurgaon**

 **membership@thepalms.in**