



THE PALMS
TOWN & COUNTRY CLUB

• ———
Welcome
june
————— •



MANGO FIESTA

AVAILABLE EVERYDAY
At Senses

MANGO BASED SALADS, APPETIZERS,
DESSERTS & DRINKS

Images are for illustration purposes only



THEMED GALA DINNER BUFFET

EVERY WEDNESDAY
AT SENSES

7:30 ONWARDS

4th June
Bengali Cuisine

11th June
Uttarakhandi Cuisine

18th June
Kashmiri Cuisine

25th June
Punjabi Cuisine

FIRST COME FIRST SERVED BASIS

Images are for illustration purposes only. T&C Apply*

UNLIMITED PIZZA PASTA



AT RFL

5th June- Italy x Spain

12th June- Napoli Meets Paris

19th June- Tuscan-Greek

26th June- Roman-German

T&C Apply*



SALON OFFER

6th to 15th June
11:00am to 8:00pm

FLAT
20% OFF
on all body spa's*

*T&C apply

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



KIDS MOVIE

AGE 6-12
YEARS

14 JUNE,
2025

05:00 PM
ONWARDS



Venue:
Viceroy Chambers



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

FATHER'S DAY OFFER

15th June 2025 | 11:00am to 8:00 pm



FLAT 20% OFF ON SERVICES FOR FATHERS*

599 and above

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

***T&C apply**

A background image showing three people in a swimming pool performing Aqua Zumba. They are wearing swimwear and caps, with their arms raised in a synchronized dance move. The water is clear and blue.

AQUA ZUMBA

Date: 19th June | Time: 5-6PM

**SWIMMING COSTUME AND
CAP IS MANDATORY**

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

KIDS ACTIVITY



**AGE: 5-14 YEARS,
VENUE: KIDS CLUB**

**DATE: 21ST JUNE
TIME: 5 - 6PM**

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

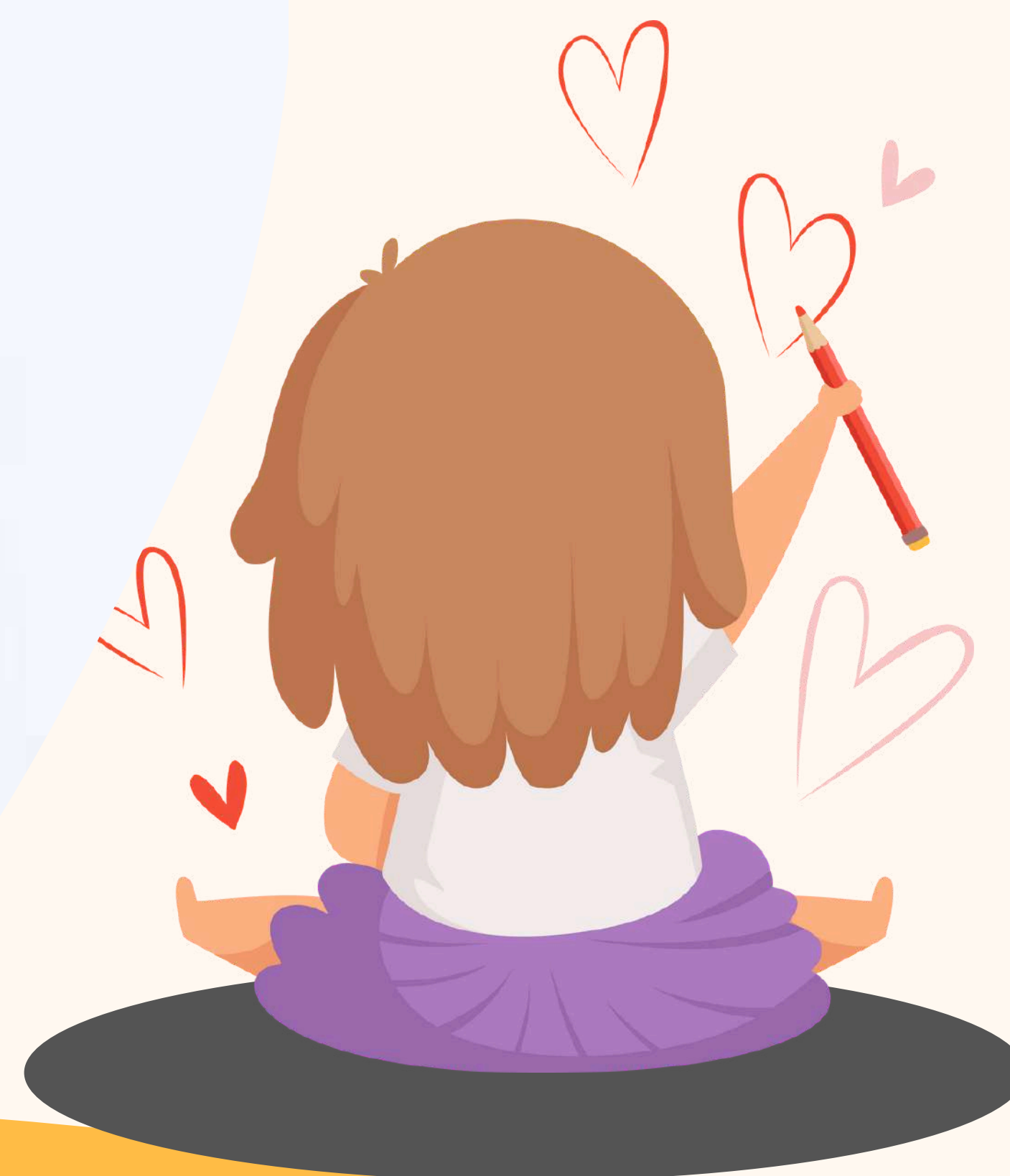
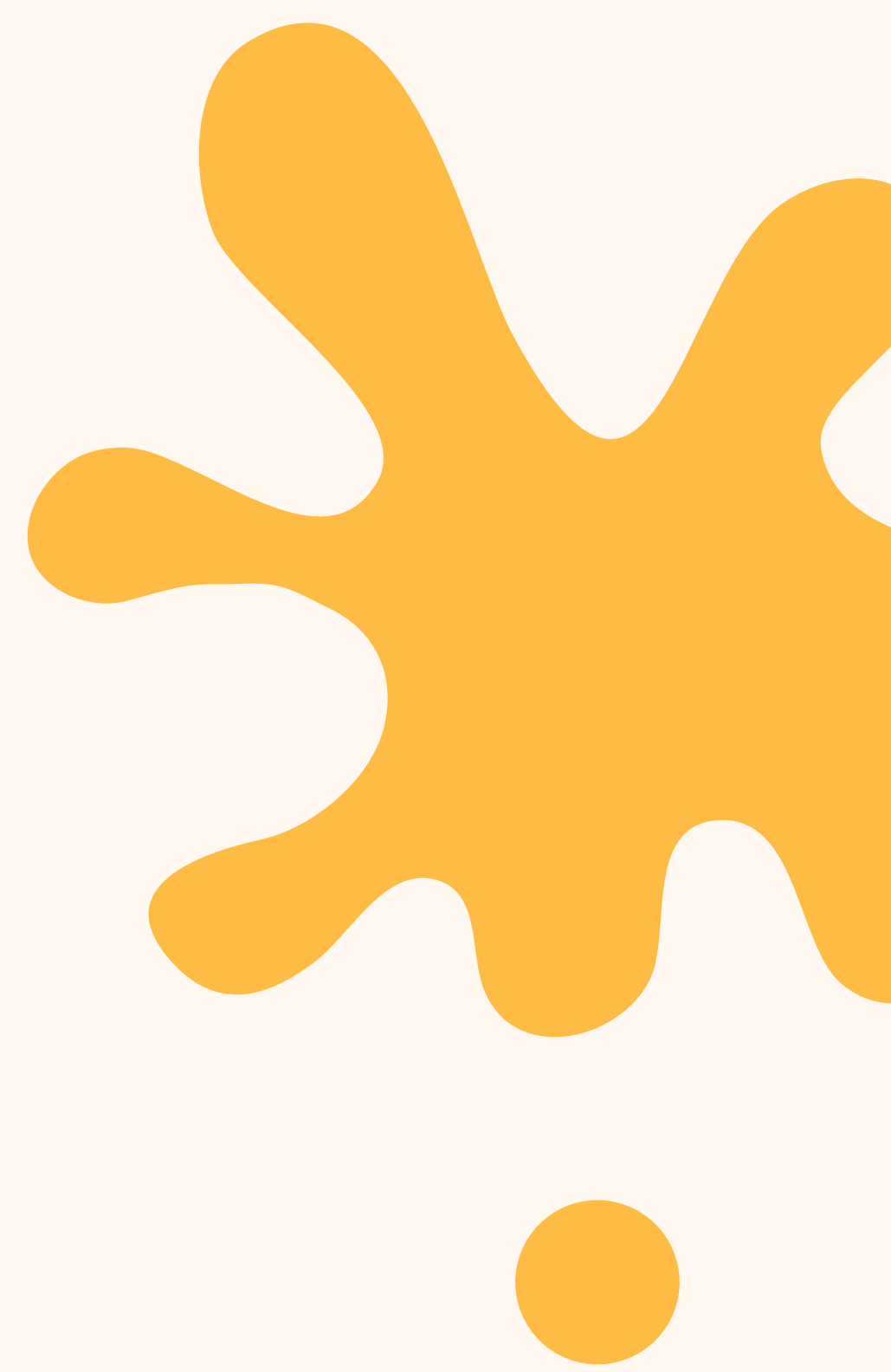
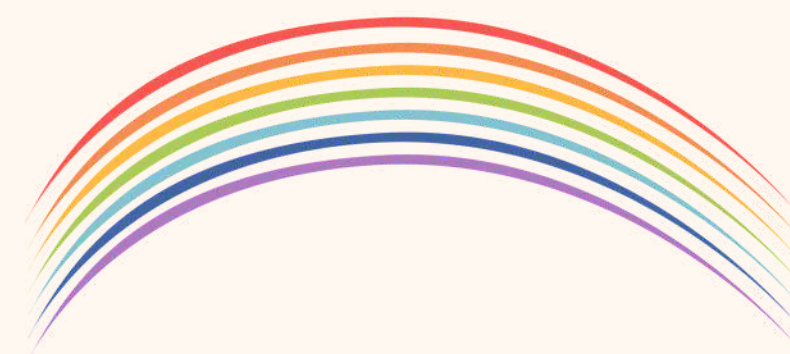
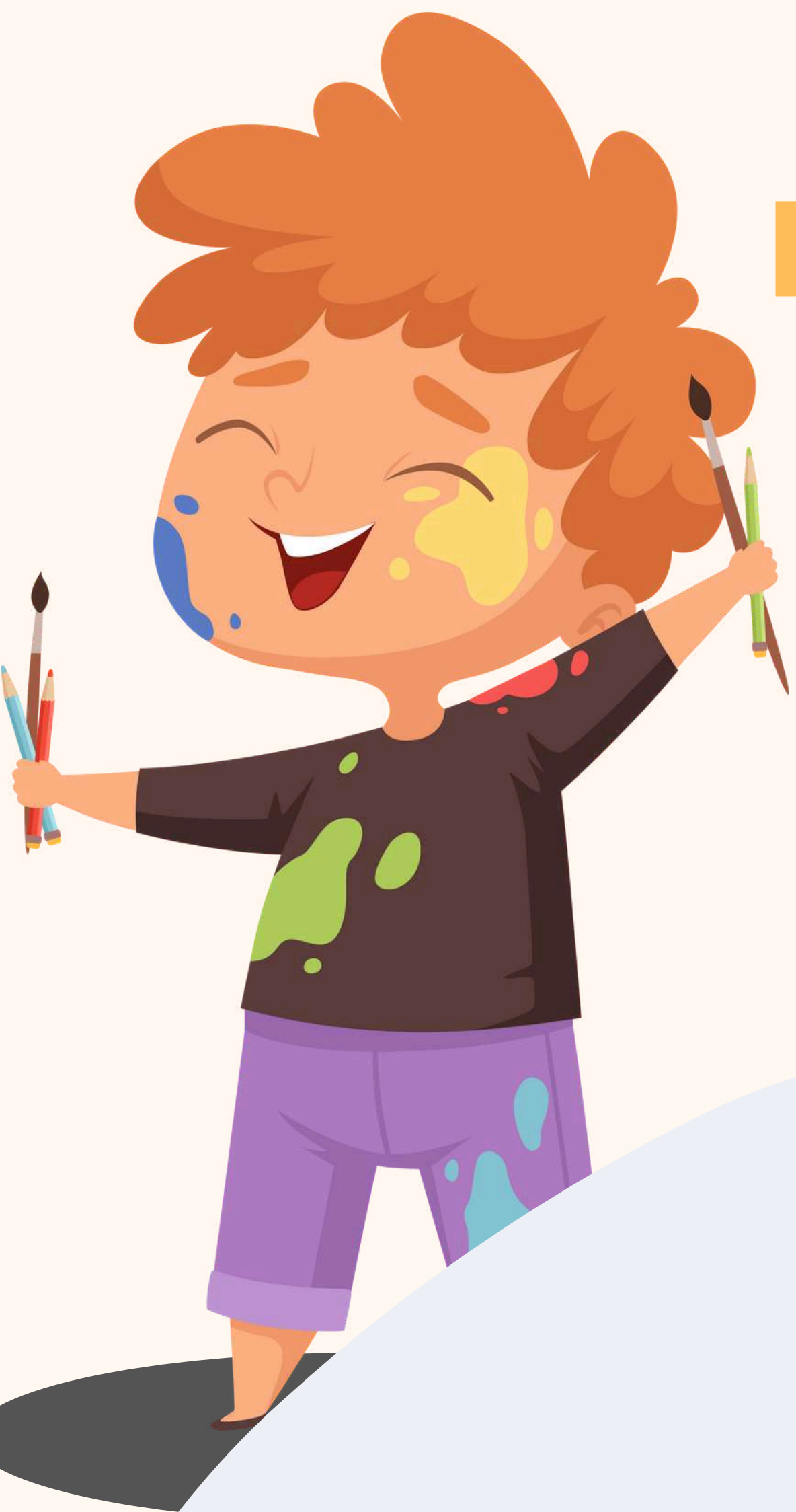
KIDS

PAINTING COMPETITION

VENUE: VICEROY CHAMBERS

28th June

Time: 5- 6PM | Age: 7-15 Years



For Booking, contact on Membership Desk -
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SHAKES AND SMOOTHIES

AVAILABLE EVERYDAY

AT SENSES





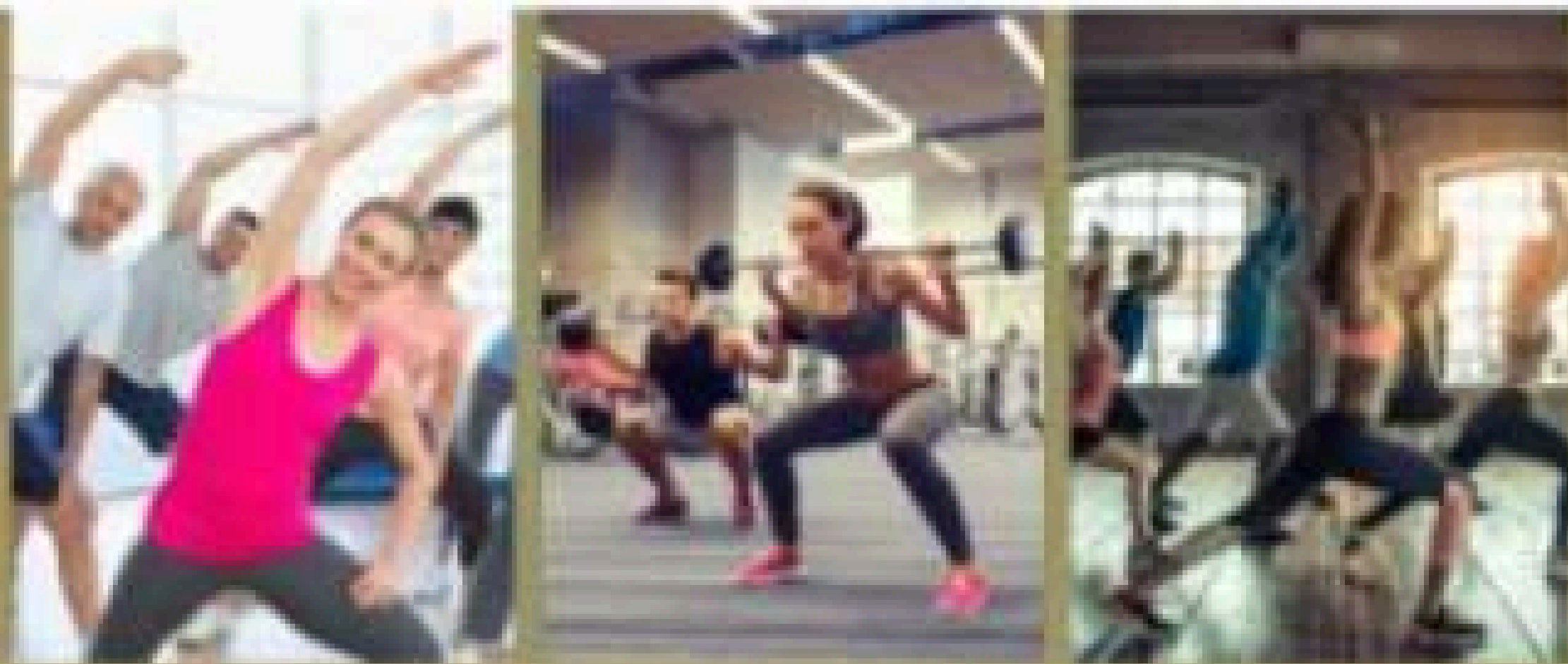
SHANGHAI NIGHT WITH LIVE CHINESE GRILL

**Every Friday at Fusion
7:30PM Onwards**

First Come First Served Basis

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GROUP EXERCISE
CLASS SCHEDULE
JUNE 2025



MON TUE WED THU FRI SAT SUN

Healthfirst
Inspiring Healthy Habits

1

2

KICKBOXING
8:30 AM TO 9:30 AM
(LUCKY)

3

STEP AEROBICS
8:00 AM TO 9:00 AM
(SONAKSH)
YOGA
6:30 PM TO 7:30 PM
(SONAKSH)

4

YOGA
8:00 AM TO 9:00 AM
(SHARMILA)
KICKBOXING
6:30 PM TO 7:30 PM
(LUCKY)

5

SPINNING
8:00 AM TO 9:00 AM
(AJAY)
YOGA
6:30 PM TO 7:30 PM
(SHARMILA)

6

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

7

YOGA
8:00 AM TO 9:00 AM
(SONAKSH)

8

9

KICKBOXING
8:30 AM TO 9:30 AM
(LUCKY)

10

STEP AEROBICS
8:00 AM TO 9:00 AM
(SONAKSH)
YOGA
6:30 PM TO 7:30 PM
(SONAKSH)

11

YOGA
8:00 AM TO 9:00 AM
(SHARMILA)
KICKBOXING
6:30 PM TO 7:30 PM
(LUCKY)

12

SPINNING
8:00 AM TO 9:00 AM
(AJAY)
YOGA
6:30 PM TO 7:30 PM
(SHARMILA)

13

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

14

YOGA
8:00 AM TO 9:00 AM
(SONAKSH)

15

16

KICKBOXING
8:30 AM TO 9:30 AM
(LUCKY)

17

STEP AEROBICS
8:00 AM TO 9:00 AM
(SONAKSH)
YOGA
6:30 PM TO 7:30 PM
(SONAKSH)

18

YOGA
8:00 AM TO 9:00 AM
(SHARMILA)
KICKBOXING
6:30 PM TO 7:30 PM
(LUCKY)

19

SPINNING
8:00 AM TO 9:00 AM
(AJAY)
YOGA
6:30 PM TO 7:30 PM
(SHARMILA)

20

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

21

YOGA
8:00 AM TO 9:00 AM
(SONAKSH)

22

23

KICKBOXING
8:30 AM TO 9:30 AM
(LUCKY)

24

STEP AEROBICS
8:00 AM TO 9:00 AM
(SONAKSH)
YOGA
6:30 PM TO 7:30 PM
(SONAKSH)

25

YOGA
8:00 AM TO 9:00 AM
(SHARMILA)
KICKBOXING
6:30 PM TO 7:30 PM
(LUCKY)

26

SPINNING
8:00 AM TO 9:00 AM
(AJAY)
YOGA
6:30 PM TO 7:30 PM
(SHARMILA)

27

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

28

YOGA
8:00 AM TO 9:00 AM
(SONAKSH)

29

30

KICKBOXING
8:30 AM TO 9:30 AM
(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 | E xtrc555