



THE PALMS  
TOWN & COUNTRY CLUB

MAY

*Events Calendar*

2026

# “An Evening of Thrill, Fortune & Fun”

On 23<sup>th</sup> May 2026 (Saturday)  
7:30 pm onwards | At Ballroom 3



**Prior Booking is Mandatory**

FOR BOOKING, PLEASE CONTACT ON MEMBERSHIP DESK AT  
+91 9910912429/0124-4199900

# THEATRE BOOTCAMP FOR KIDS



On Sunday 24<sup>th</sup> May' 2026  
At Ballroom



## Activities:

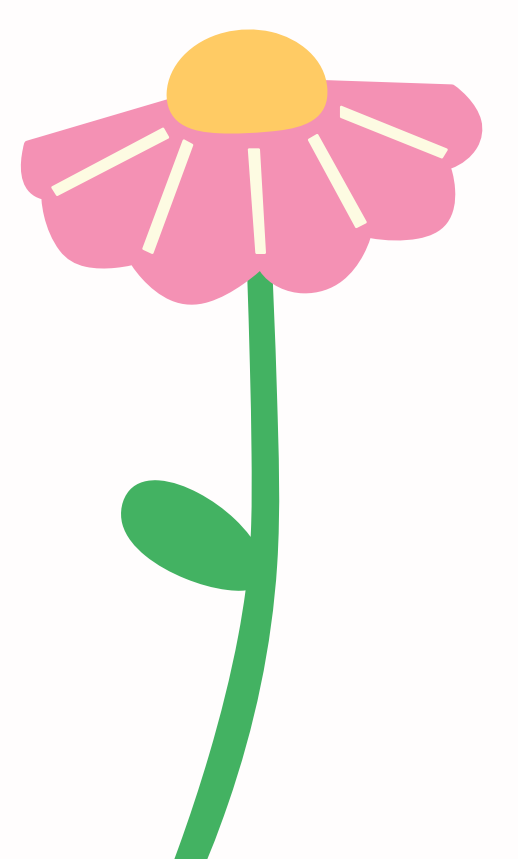
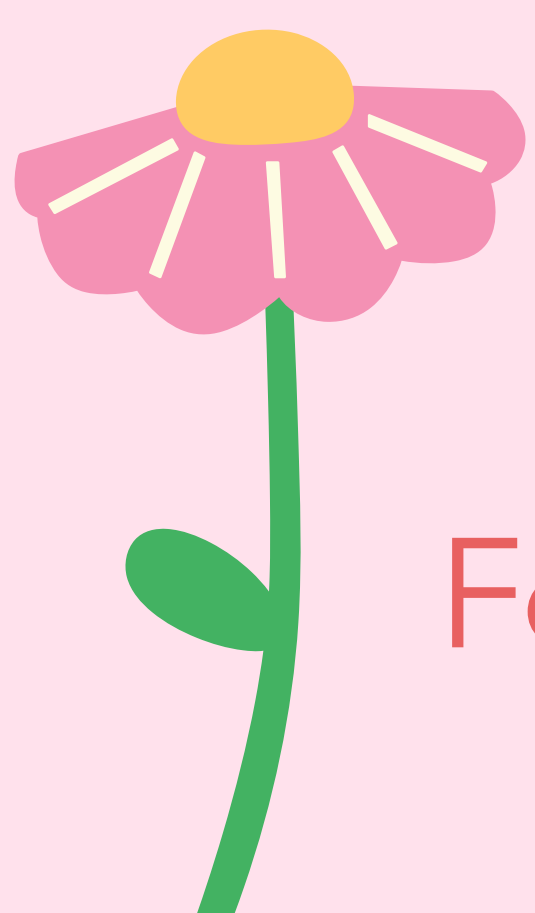
**Warm-Up & Energy Games | Theatre Fundamentals & Team Play | Voice, Body & Character | Improvisation & Storytelling | The Mini Performance**

**MEMBER KID: 899 AI | GUEST KID: 999 AI**

FROM 10 AM TO 2 PM | AGE-5-12 YEARS

**ADULTS ARE NOT ALLOWED**

For Booking, contact the Membership Desk at  
+91 99109 12429 / 0124-4199900



# VUE SALON OFFER

FLAT  
**20%**  
DISCOUNT

on all services\*  
599/-& above

Not applicable on hair treatment,  
hair colour & Casmara Facial...

OFFER VALIDITY:  
**8TH – 17TH MAY**

With prior appointment only

 **0121-4370951 / 9717296531**

\*T&C Apply

# FAB FRIDAY

MANGO MAYHEM FRIDAY EDITION

MANGO CHILI MARGARITA /RAW MANGO PICANTE  
+ CHOOSE ANY 2 BAR BITES @ 695+TAXES  
AT BROWNS

8<sup>TH</sup> & 22<sup>ND</sup> MAY, FRIDAY  
7:30 PM ONWARDS

First come first serve basis

# Mothers day special- Tea ,Toast & To Mom



*Celebrate the wonderful mums with a delightful Hi- Tea evening, paired with a special takeaway gift, at just @ 495 AI*

10TH MAY SUNDAY |  
4.30 PM - 6.30 PM  
AT LIVING ROOM

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

# Aqua Zumba

24th May Sunday '26 | 5-6 PM

SWIMMING COSTUME AND CAP IS MANDATORY  
REFRESHMENT INCLUDED

Member: 700 AI

Guest: 800 AI

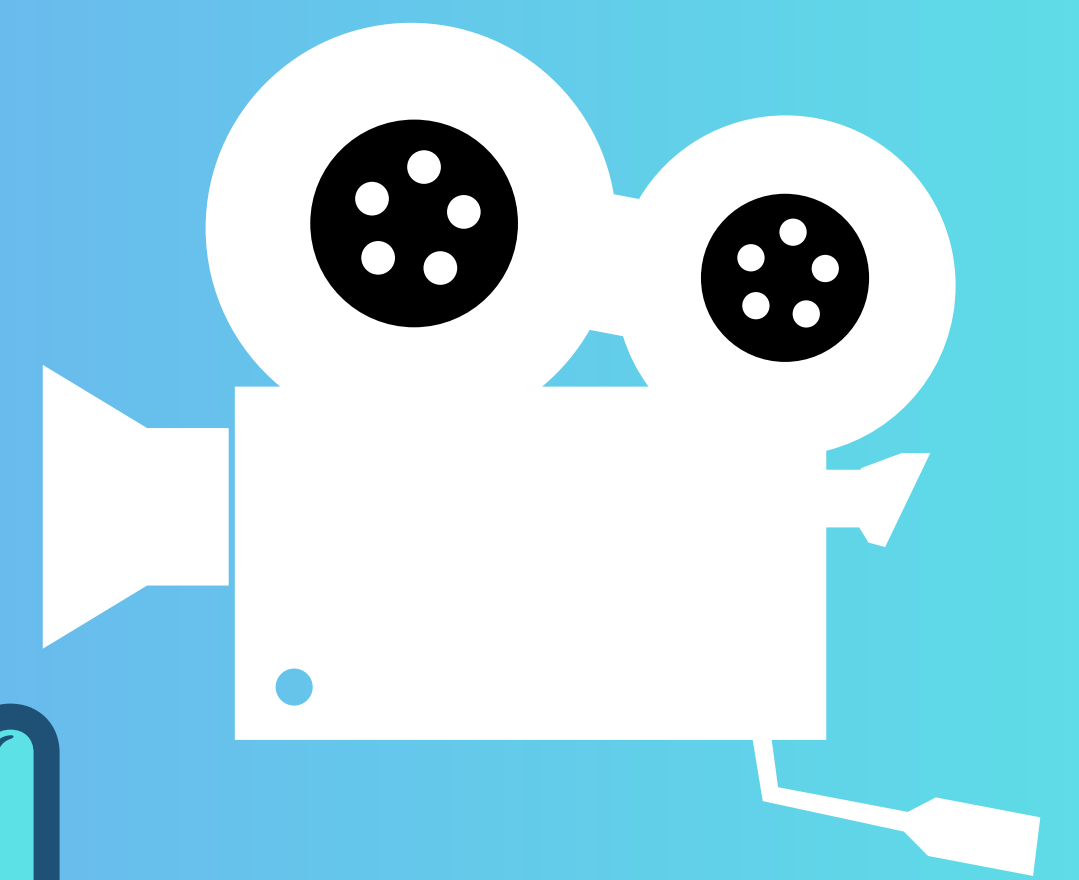
For Booking, contact on Membership Desk  
+91 9910912429/0124-4199900

\*T&C Apply

# Kiki's Delivery Service



17<sup>th</sup> May, Sunday



**MEMBER KID: 550 AI**

**GUEST KID: 650 AI**



5 pm onwards

Age Group – 5-12 Years

At Viceroy Chambers

FOR BOOKING, PLEASE CONTACT ON MEMBERSHIP DESK –

+91 9910912429/0124-4199900

# BOLD & BREW

 **ASIAN** 

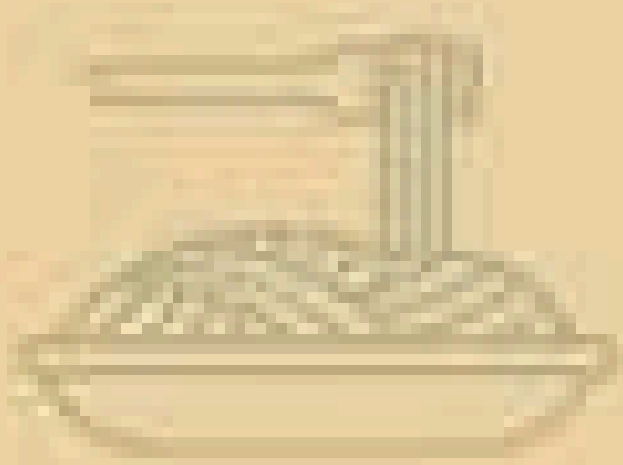
**SPECIAL COMBO @ 695+TAXES**

**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**



**UNLIMITED**

# PIZZA & PASTA



**EVERY THURSDAY**

**12:00 - 3:00 PM**

**MEMBER PRICE: RS 795++**

**GUEST PRICE: RS 895++**

T&C Apply\*

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

# YAKI & HIGHBALL

UNLIMITED TEPPANYAKI WITH 1  
JAPANESE WHISKY BASED HIGHBALL  
COCKTAIL @ 1595+TAXES



NON ALCOHOLIC PACKAGE @  
1295+TAXES

**SATURDAY & SUNDAY**

**12.30 PM- 3.30 PM | AT FUSION**

**First come first serve basis**

# MANGO COASTAL BRUNCH

LIVE COOKING @895++, KOKUM  
FIZZ AS WELCOME DRINK



**AT SENSES**

**EVERY SUNDAY  
12:30 PM - 3:30 PM**

**FIRST COME FIRST SERVE BASIS**

T & C APPLY



THE PALMS  
GURGAON

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# HEALING THERAPY SESSION

BY VISHNU SHARMA

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Mobility, full body stretching  
& healing workshop.



MEMBER PRICE: 699 A1  
GUEST PRICE: 799 A1

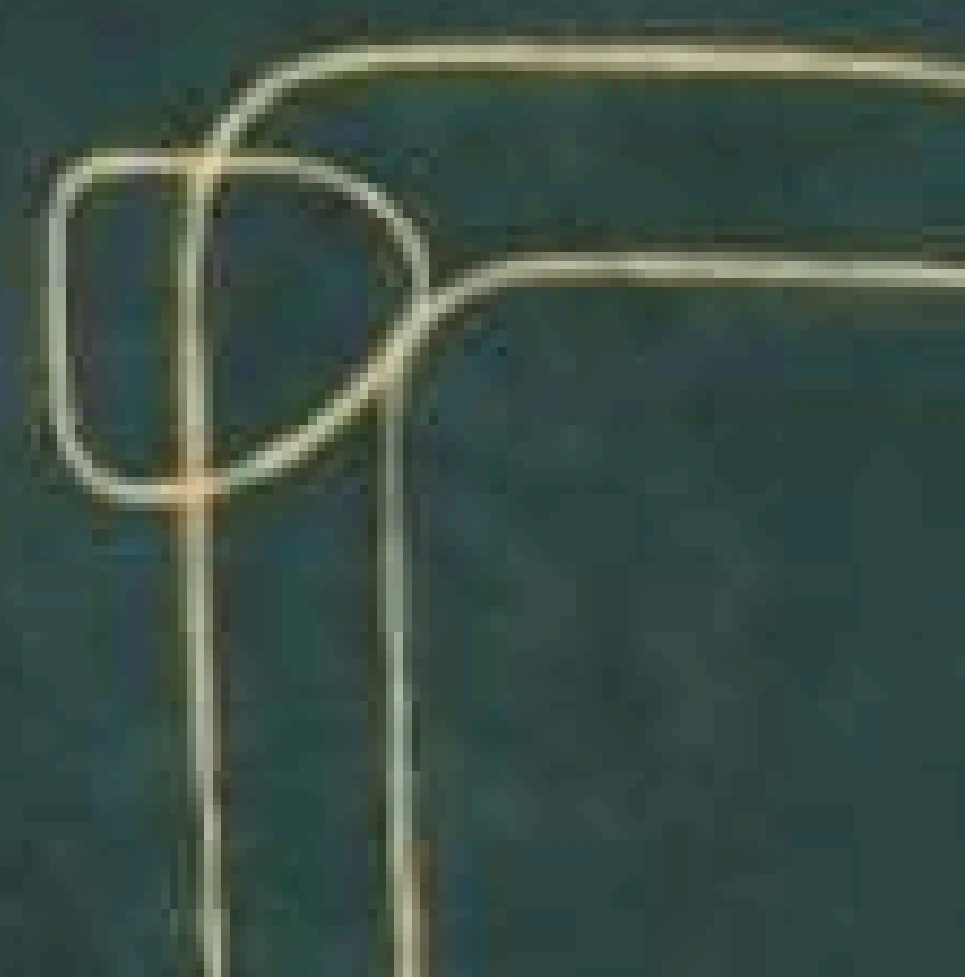
MAY 30  
5:00 - 6:00PM

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Certified Fitness Coach with 15 years in  
personal and group training.

At Fitness Center

Images are for illustration purposes only  
For booking contact membership desk at  
[+91 9650332366](tel:+919650332366)/[membership@thepalms.in](mailto:membership@thepalms.in)





THE PALMS  
TOWNSHIP DEVELOPMENT



## REFERRAL OFFER

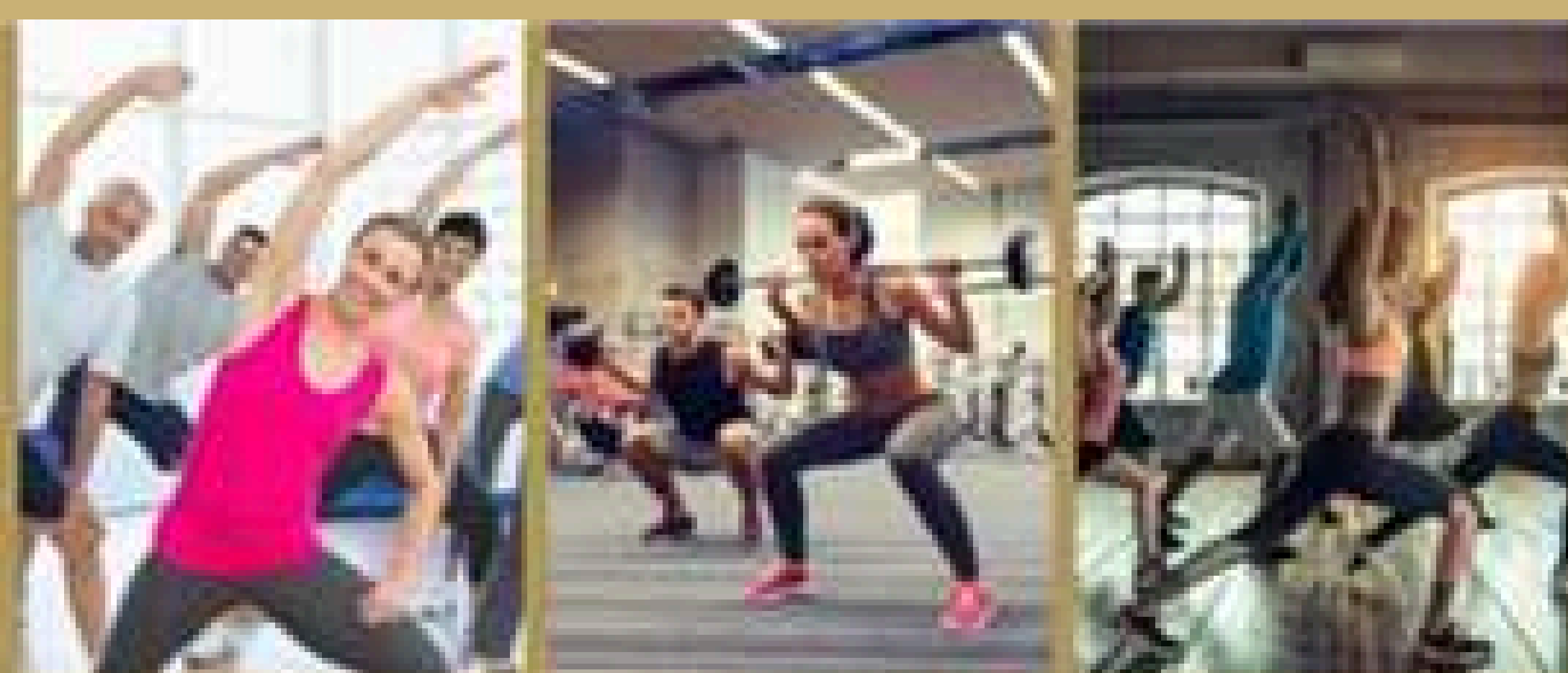
**Starting from 1<sup>st</sup> April**

**For limited period only**

Refer a friend, colleague, or family member and get free vouchers worth 4000 /-\*



# GROUP EXERCISE CLASS SCHEDULE MAY 2026



MON

TUE

WED

THU

FRI

SAT

SUN

# Healthfirst

Inspiring Healthy Habits

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

•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