



THE PALMS

September

At The Palms





THE PALMS

Chatpate Tuesday



Relish the vibrant flavours of India's favourite street food, freshly prepared and served live. From tangy chaats to sizzling delights, it's an evening full of authentic taste of Dilli 6 and nostalgia.

Every Tuesday | 5:30 PM- 7:30 PM
Senses

*T&C Apply | Image for illustration purpose only



La Famiglia Thursdays



Experience Italy with unlimited handcrafted pizzas and delicious pastas, complemented by fresh soups, vibrant salads, and indulgent desserts. A perfect Italian feast for the whole family.

Price : Rs.795 ++

Every Thursday | 12:00 Noon- 3:00 PM
Recipes for life

Guest fee applicable | *T&C Apply | Image for illustration purpose only



THE PALMS

Golden Steam House



Relish the aroma of the unlimited serving of dim sums paired with flavourful soups, hearty mains, starch, and decadent desserts. A perfect culinary experience for lovers of Asian cuisine.

Price : Rs.795 ++

Every Saturday | 12:30 PM - 3:30 PM
Fusion

Guest fee applicable | *T&C Apply | Images are for illustration purpose only.

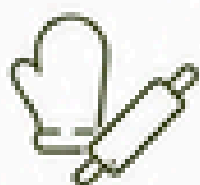


THE PALMS

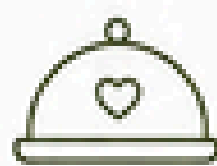
Savory BAKES TREAT

PERFECTLY BAKED. BEAUTIFULLY FLAVOURED.

Made for every craving!



FRESHLY BAKED
DAILY



WARM, WHOLESOME
& DELICIOUS!



MADE FOR
EVERY CRAVING!

PUFF



Spinach and Feta (V)



Cottage Cheese and
Bell Peppers (V)



Harissa Chicken
Puffs (NV)

QUICHE



Roasted Vegetables and
Feta Cheese (V)



Mushroom and
Thyme (V)



Chicken Sausage and
Caramelized Onion (NV)

Price : Rs.200 AI (Vegetarian) | Rs.225 AI (Non-Vegetarian)

THE PALMS BAKERY - RECIPES FOR LIFE

Guest fee applicable | T&C Apply | Images are for illustration purpose only.



THE PALMS

Sunday Ki Chai. Apno Ke Saath.



Embrace the joy of the monsoon season with crispy pakodas, flaky mathri, freshly baked cookies, and aromatic tapri-style chai. The perfect combination for cozy Sunday evenings, good company, and great conversations.

Price: Rs. 195++

Every Sunday | 4:00 PM – 7:00 PM
Senses

Guest fee applicable | T&C Apply | Images are for illustration purpose only.



THE PALMS

Rango



A fun-filled mix of action, comedy, and family drama, Dookudu promises an entertaining movie experience with plenty of laughs and twists.

Member's Kid: Rs. 550 AI | Guest's Kid: Rs. 650 AI

Age: 5-12 years

Sunday, 13th Sept. 2026 | 4:00 PM onwards.

Living Room

*T&C Apply



THE PALMS

Pamper Together



Make salon time a delightful experience for the entire family. Enjoy a relaxing salon service for yourself while your little ones get pampered with a special grooming experience.

50% saving on children service upon booking any parent service of Rs. 499 & above.

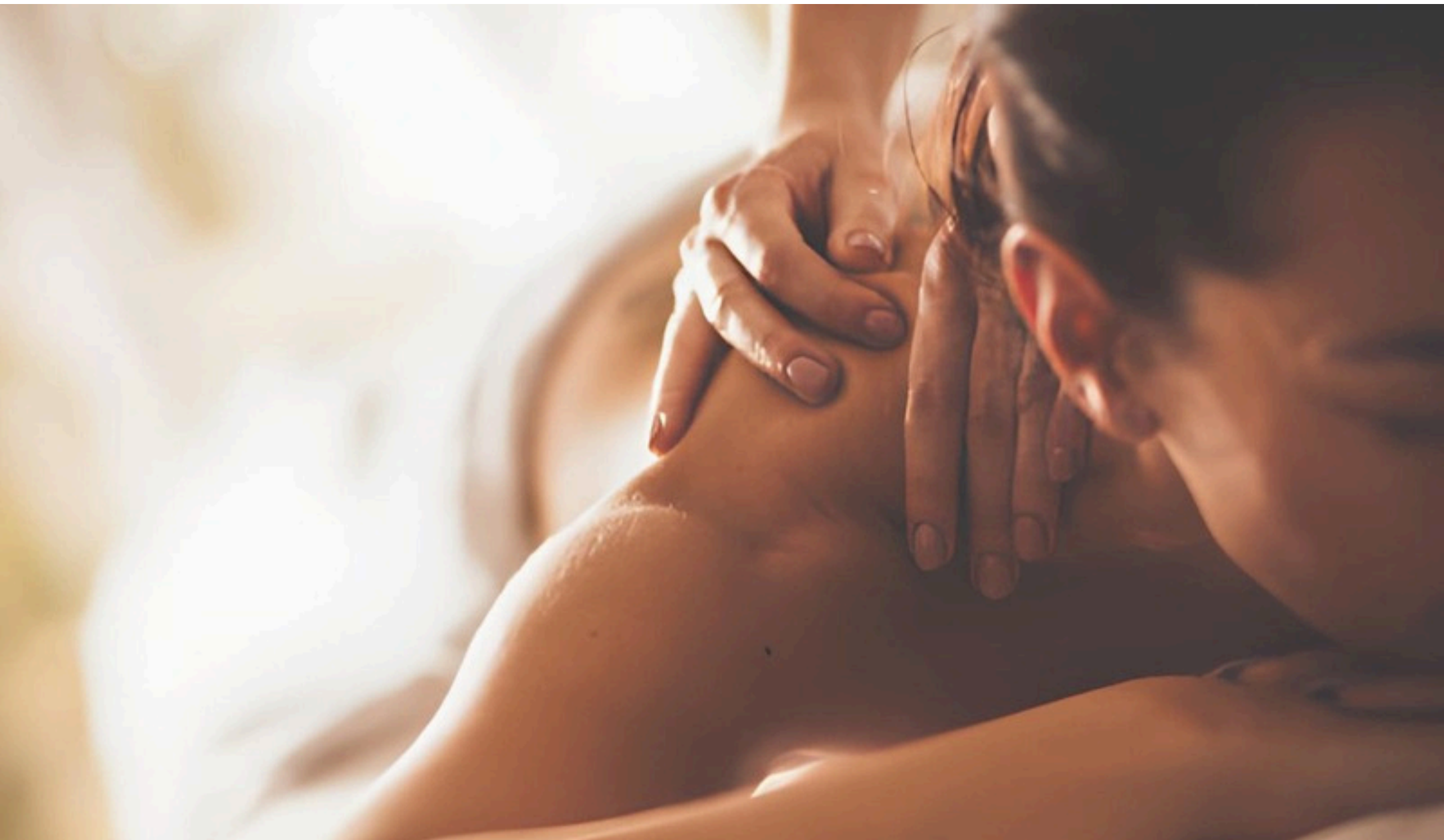
Every Wednesday | 11:00 AM - 8:00 PM
Longevity Spa & Salon

*T&C Apply



THE PALMS

Relaxology



Indulge in a blissful spa experience enriched with premium aromatic oils, designed to relax your senses, ease muscle tension, and restore inner balance. Explore your wellness journey with Longevity Spa & Salon.

Book any Spa / Treatment & save 30% on other services.

11:00 AM - 8:00 PM (Except Tuesdays)

Longevity Spa & Salon

*T&C Apply | Offer excludes hair colour and hair treatment.



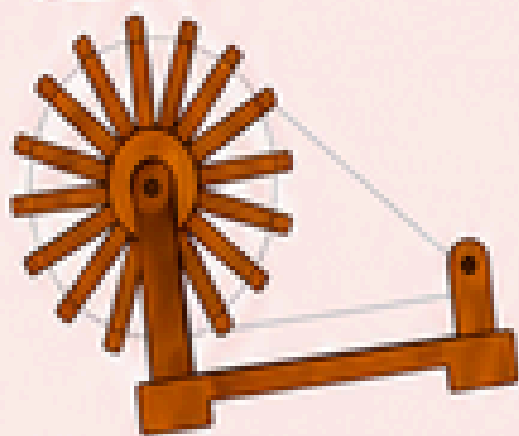
THE PALMS

WHERE FESTIVALS MEET STEM

Metaverse

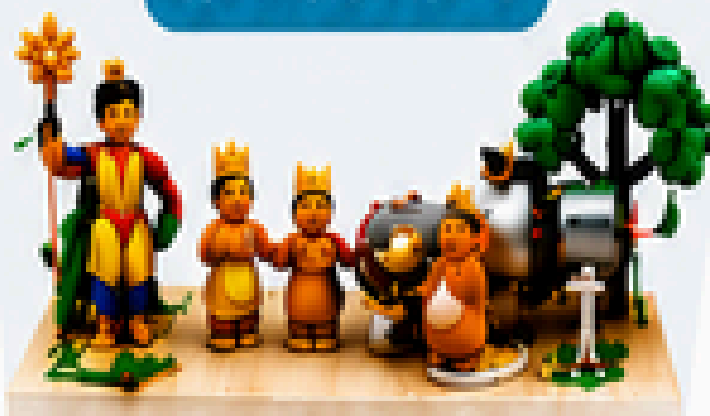


GANDHI JAYANTI



Charkha
Simple Machines

JANMASHTAMI



Kinetic Jhankis
Motors • Cams & Gears

GANESH CHATURTHI



Motorized Rangoli
Motors • Symmetry

NAVRATRI & DUSSEHRA



Light & Shadow Puppets
Optics • Storytelling

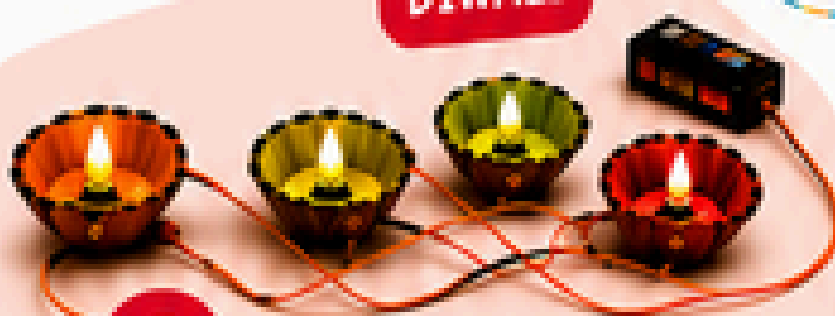
CONCEPTS
CONNECTED
WITH REAL LIFE
& FUN

HALLOWEEN



Glow & Sense Pumpkins
Sensors • 3D Printing

DIWALI



Circuit Diyas
LEDs • Circuit Design

CHRISTMAS



Code-a-Light Show
Coding • Microcontrollers



HANDS-ON
LEARNING



FUN &
ENGAGING



REAL-WORLD
CONCEPTS



CREATIVE
CONFIDENCE



EVERY SATURDAY
SEPT • DEC



AGES
3-12





THE PALMS

GROUP EXERCISE CLASS SCHEDULE

— SEPTEMBER 2026 —



MON	TUE	WED	THU	FRI	SAT	SUN
	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 8:00 AM TO 9:00 AM (AJAY) —X— YOGA 6:30 PM TO 7:30 PM (SHARMILA)	4 BOOT CAMP 6:30 PM TO 7:30 PM (LUCKY)	5 YOGA 8:00 AM TO 9:00 AM (SONAKSHI)	6
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 8:00 AM TO 9:00 AM (AJAY) —X— YOGA 6:30 PM TO 7:30 PM (SHARMILA)	11 BOOT CAMP 6:30 PM TO 7:30 PM (LUCKY)	12 YOGA 8:00 AM TO 9:00 AM (SONAKSHI)	13
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 8:00 AM TO 9:00 AM (AJAY) —X— YOGA 6:30 PM TO 7:30 PM (SHARMILA)	18 BOOT CAMP 6:30 PM TO 7:30 PM (LUCKY)	19 YOGA 8:00 AM TO 9:00 AM (SONAKSHI)	20
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 8:00 AM TO 9:00 AM (AJAY) —X— YOGA 6:30 PM TO 7:30 PM (SHARMILA)	25 BOOT CAMP 6:30 PM TO 7:30 PM (LUCKY)	26 YOGA 8:00 AM TO 9:00 AM (SONAKSHI)	27
28 KICK-BOXING 8:30 AM TO 9:30 AM (LUCKY)	29 STEP 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)				

Health first
— Inspiring Healthy Habits —

• Class Schedule or Instructor may change or cancel with prior notice •  • Minimum four members are required for any class to start
*T&C Apply