

THE OUTPOST

HOTEL

SENTOSA

TIME/DAY	MON	TUE	WED	THU	FRI	SAT	SUN	VENUE
8AM - 9AM	Sunrise Yoga		Sunrise Yoga		Sunrise Yoga		Sunrise Yoga	Barracks Lawn (outside Hospitality Lawn)^
9AM - 11AM					Pool Activities – Hand Ball	Pool Activities – Water Polo		Village Hotel Sentosa Level 3 Pool Deck
10AM - 11AM		Aqua Boxing & Tabata		Aqua Boxing & Tabata				The Outpost Hotel Sentosa Level 7 Sky Pool*^
3PM - 5PM					Pool Activities – Captain Ball	Pool Activities – Ring Toss		Village Hotel Sentosa Level 3 Pool Deck
5PM - 6PM					Aqua Zumba	Aqua Zumba		Village Hotel Sentosa Level 3 Pool Deck
6PM - 7PM		Sunset Pilates		Sunset Pilates		Sunset Pilates		Oasia Resort Sentosa Outdoor Deck^
7PM - 9PM					Movie Night	Movie Night		Village Hotel Sentosa Level 3 Pool Deck



Scan here to register

Terms & Conditions

*For guests aged 16 years old and above only

^Capacity limit of 15 persons