

SCAN BELOW  
QR CODE  
TO LEARN MORE  
ABOUT WEEKLY  
ACTIVITIES



[www.themulia.com](http://www.themulia.com)

Time	Monday	Tuesday	Wednesday
9 AM	Registration	Registration	Registration
9.30 AM	Art & craft	Drawing	Young coconut leaf creation
10.30 AM	Fun dance	Indoor games	Fun dance
12 PM	Lunch time	Lunch time	Lunch time
1 PM	Necklace making	Flannel creation	Balinese dress up
2.30 PM	Musical games	Indoor volley balloon	Balinese dance lesson
3 PM	Snack time	Snack time	Snack time
3.30 PM	Free time	Free time	Free time
4 PM	Team building games	Mask making	Team building games
5 PM	Nail polish & tattoo	Fun dance	Nail polish & tattoo
6 PM	Dinner time	Dinner time	Dinner time
7 PM	Fun yoga	Origami	Flower arranging
7.30 PM	Kidz movie	Card games	Kidz movie
8 PM	See you tomorrow	See you tomorrow	See you tomorrow

Time	Thursday
9 AM	Registration
9.30 AM	Art & craft
10.30 AM	Indoor games
12 PM	Lunch time
1 PM	Bracelet making
2.30 PM	Fun yoga
3 PM	Snack time
3.30 PM	Free time
4 PM	Balinese traditional games
5 PM	Fun dance
6 PM	Dinner time
7 PM	Balloon creation
7.30 PM	Card games
8 PM	See you tomorrow

Time	Friday	Saturday	Sunday
9 AM	Registration	Registration	Registration
9.30 AM	Balinese offering making	Art & craft	Balinese dress up
10.30 AM	Fun dance	Musical games	Fun dance
12 PM	Lunch time	Lunch time	Lunch time
1 PM	Flower arranging	Team building games	Art & craft
2.30 PM	Balinese dress up	Indoor volley balloon	Indoor games
3 PM	Snack time	Snack time	Snack time
3.30 PM	Free time	Free time	Free time
4 PM	Flannel creation	Limbo Games	Team building games
5 PM	Indoor games	Card games	Cup fountain
6 PM	Dinner time	Dinner time	Dinner time
7 PM	Drawing	Nail polish & tattoo	Napkin art folding
7.30 PM	Kidz movie	Computer games	Table games
8 PM	See you tomorrow	See you tomorrow	See you tomorrow

**Mulia KIDZ**  
activities

Opening Hours: 9 AM until 8 PM  
(from 3 to 8 years of age).  
All activities are subject to change  
without prior notice.

Please contact ext. 6741  
for further information

Time	Monday
9 AM	Registration
10 AM	Carrom Game
11 AM	Water Aerobics
11.30 AM	Pool Game
12 PM	Break
2 PM	Trivia Game
3 PM	Mini Ping Pong
4 PM	Juggling Lesson
5 PM	See You Tomorrow

Time	Tuesday
9 AM	Registration
10 AM	Art & Craft
11 AM	Water Aerobics
11.30 AM	Pool Game
12 PM	Break
2 PM	Twister Game
3 PM	Poker Game
4 PM	*Kids Yoga
5 PM	See You Tomorrow

Time	Friday
9 AM	Registration
10 AM	Mini Ping Pong
11 AM	Water Aerobics
11.30 AM	Pool Game
12 PM	Break
2 PM	Poker Game
3 PM	Juggling Lesson
4 PM	Beach Soccer
5 PM	See You Tomorrow

**T - Zone Timetable**  
**AT KIDS CORNER**  
9 - 15 years old, from 9 AM - 5 PM  
Break time from 12 PM - 2 PM

Please contact at ext. 6731  
for further information

Time	Wednesday	Thursday
9 AM	Registration	Registration
10 AM	Table Game	Scrabble Game
11 AM	Water Aerobics	Water Aerobics
11.30 AM	Pool Game	Pool Game
12 PM	Break	Break
2 PM	Mahjong Game	Limbo Contest
3 PM	Who Am I	Puzzle Challenge
4 PM	Beach Soccer	*Tennis Academy
5 PM	See You Tomorrow	See You Tomorrow

Time	Saturday	Sunday
9 AM	Registration	Registration
10 AM	Art & Craft	Table Game
11 AM	Water Aerobics	Water Aerobics
11.30 AM	Pool Game	Pool Game
12 PM	Break	Break
2 PM	Twister Game	Fun Fair
3 PM	Bingo	Fun Fair
4 PM	*Kids Yoga	*Tennis Academy
5 PM	See You Tomorrow	See You Tomorrow

All activities are subject to change without prior notice.

\*Optional activities with additional charge

*The Mulia, Mulia Resort & Villas*  
Jl. Raya Nusa Dua Selatan, Kawasan Sawangan, Nusa Dua 80363, Bali, Indonesia  
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**THE MULIA**  
**MULIA RESORT & VILLAS**  
NUSA DUA - BALI

**ACTIVITIES  
GUIDE**

## STAY *Active*

Keep up with your work out routine while on holiday at our state of the art Fitness Center. With the latest cardiovascular and weight training equipment, you will be encouraged and stay motivated and maintain your healthy lifestyle. Conducted by professional trainers, our Fitness Center also offers daily programs from yoga to high-intensity interval training to make sure that you stay in shape, any day.

Please call Fitness Center at ext. 6730



## STAY *Balanced*

Bring back balance to your life, realign your sense of wellbeing and rediscover inner peace at the award-winning Mulia Spa. Practising the best of the world's spa philosophies and combining them harmoniously with modern practices, Mulia Spa offers a complete rejuvenating journey with an array of Spa and beauty treatments. Reach the ultimate relaxation at the dedicated wellness suites and hydrotonic pools, complete with a sauna, steam room, and Asia Pacific's first Ice Room.

Please call Mulia Spa at ext. 6700



## STAY *Happy*

What is life without a touch of fun and excitement? Create your happy moments at Mulia Bali with a selection of fun activities including stand up paddle board, kayaking or an array of offsite watersports and excursion programs. Discover the other side of Bali with day trips and tours. All available with just a phone call away.

Please call Sport & Leisure at ext. 6979



## STAY *Well*

The Mulia, Mulia Resort & Villas - Nusa Dua, Bali is the perfect sanctuary should you wish to discover a wellness escape while being a few steps away from the world. For a holistic getaway option, we offer a dedicated wellness program that includes a selection of spa treatments, yoga sessions and a well-balanced meal program - right here in paradise.

Please call Mulia Spa at ext. 6700

