

# 4 Classes & Activities

Classes and activities are first come, first served

## Cultural Classes

📍 Located at the Hawaiian Cultural Center in Makai near Waikoloa Coffee Co.

### Daily

- ⌚ 8:30am Fish Feeding
- ⌚ 9:00am Apo Lima Kukui - Kukui Bracelet Making
- ⌚ 10:00am Papa Hula - Beginner Hula Pool Side
- ⌚ 11:00am Papa Ukulele - Beginner Ukulele
- ⌚ 1:00pm Ka Hana Lei Pua - Flower Lei Making

### Sunday

- ⌚ 2:00pm Introduction to the Hawaiian Language
- ⌚ 3:00pm Paper Flower Making

### Monday to Friday

- ⌚ 2:00pm Talk Story - Hawaiian History & Folklore
- ⌚ 3:00pm Hō'ike'ike Lei Hulu - Feather Lei Demonstration

### Saturday

- ⌚ 2:00pm Introduction to the Hawaiian Language
- ⌚ 3:00pm Hō'ike'ike Lei Hulu - Feather Lei Demonstration



Papa Ukulele - Beginner Ukulele

## Guest Activities

📍 Meet at Kona Pool Welcome Center, unless noted.

### Daily

- ⌚ 9am to 5pm Game Zone (Kona Pool Checkerboard)
- ⌚ 11:00am Scavenger Hunt
- ⌚ 12:00pm Lagoon Relay Races (Lagoon Beach)
- ⌚ 1:00pm Sand Castle Contest
- ⌚ 3:00pm Volleyball at Kona Pool
- ⌚ 6:45pm Sunset Torch Lighting (Ocean Walkway)

### Tuesday

- ⌚ 2:00pm Arts & Crafts

### Thursday

- ⌚ 2:00pm Arts & Crafts

### Friday

- ⌚ 11am to 3pm DJ Pool Party (Kona Pool)

## Fitness Classes

📍 Meet at the main lobby 10 minutes before start for all classes except Spin and Cycle & Core classes, which meet at Kohala Spa, located in Makai.

### Sunday

- ⌚ 5:30pm Sunset Yoga

### Monday

- ⌚ 8:00am Spin Class
- ⌚ 9:00am Restorative Yoga
- ⌚ 10:30am Vinyasa Yoga

### Tuesday

- ⌚ 7:00am Resort Power Walk
- ⌚ 8:30am Cycle & Core
- ⌚ 9:00am Vinyasa Yoga
- ⌚ 10:30am Restorative Yoga
- ⌚ 5:30pm Sunset Yoga

### Wednesday

- ⌚ 8:00am Spin Class
- ⌚ 9:00am Tai Chi
- ⌚ 11:00am Stress Management
- ⌚ 5:30pm Sunset Yoga

### Thursday

- ⌚ 7:00am Resort Power Walk
- ⌚ 8:30am Cycle & Core
- ⌚ 9:00am Tai Chi
- ⌚ 11:00am Stress Management

### Friday

- ⌚ 8:00am Paddle Board Yoga
- ⌚ 10:00am Hatha Yoga
- ⌚ 5:30pm Sunset Yoga

### Saturday

- ⌚ 8:00am Paddle Board Yoga
- ⌚ 10:00am Hatha Yoga
- ⌚ 5:30pm Sunset Yoga



Paddle Board Yoga at the Saltwater Lagoon