



DECEMBER CULTURAL ACTIVITIES CALENDAR

DAILY	10:00 - 10:15 AM	Introduction to Surfing <i>(sand demo only)</i>	Beach & Pool
	11:00 - 11:05 AM	Koi Feeding	Sheraton Waikiki Koi Pond
	6:30 - 9:30 PM	Live Entertainment	Mai Tai Bar
<i>If there is any private event, entertainment will be canceled.</i>			
MONDAY	8:00 - 9:00 AM	Yoga Class* <i>(limited availability)</i>	Coconut Grove (12/3 Royal Garden at Helumoa)
	9:00 - 9:45 AM	Yogaquatics	Sheraton Edge Pool
	10:00-10:30 AM	Royal Hawaiian Tour (Japanese)	Historic Lobby
	10:30 - 11:30 AM	Hawaiian Quilting	Lurline Lanai
	5:30 - 8:00 PM	'Aha 'Aina Luau** <i>(limited availability)</i>	Oceanlawn
TUESDAY	9:00 - 9:45 AM	Yogaquatics	Sheraton Edge Pool
	10:30 - 11:30 AM	Shell/Kukui Nut Bracelet Making	Lurline Lanai
	1:00 - 2:00 PM	The Royal Hawaiian History Tour	Royal Hawaiian Bakery
	5:00 - 6:00 PM	Take Care Tuesdays Yoga	Coconut Grove (12/4 closed)
	5:00 - 6:30 PM	Paint Night with Eva Makk**	Lurline Lanai
WEDNESDAY	8:00 - 8:45 AM	Yogaquatics	Malulani Pool
	8:00 - 9:00 AM	Sheraton Waikiki Yoga* <i>(limited availability)</i>	Spa Khakara desk at Sheraton Waikiki <i>(1st floor by elevator)</i>
	4:00 - 5:00 PM	Beginners Hula* <i>(limited availability)</i>	Lurline Lawn
THURSDAY	8:00 - 9:00 AM	Yoga Class* <i>(limited availability)</i>	Cononut Grove
	9:00 - 9:45 AM	Yogaquatics	Sheraton Edge Pool
	10:00-10:30 AM	Royal Hawaiian Tour (Japanese)	Historic Lobby
	10:30 - 11:30 AM	Lauhala Weaving	Lurline Lanai
	1:00 - 2:00 PM	The Royal Hawaiian History Tour	Royal Hawaiian Bakery
	5:30 - 8:00 PM	'Aha 'Aina Luau** <i>(limited availability)</i>	Oceanlawn
FRIDAY	6:30 AM	Hiuwai Morning Ritual	Royal Hawaiian Beachfront
	8:00 - 8:45 AM	Yogaquatics	Malulani Pool
	8:00 - 9:00 AM	Sheraton Waikiki Yoga* <i>(limited availability)</i>	Spa Khakara desk at Sheraton Waikiki <i>(1st floor by elevator)</i>
	10:30 - 11:30 AM	Flower Lei Making	Lurline Lanai
	4:00 - 5:00 PM	Beginners Hula* <i>(limited availability)</i>	Lurline Lawn
SATURDAY	8:00 - 9:00 AM	Sheraton Waikiki Yoga* <i>(limited availability)</i>	Spa Khakara desk at Sheraton Waikiki <i>(1st floor by elevator)</i>
	9:00 - 9:45 AM	Yogaquatics	Sheraton Edge Pool
	11:00 - 12:00 PM	Surfboard Craft Activity	Lurline Lanai
	2:00 - 3:00 PM	Haku Bracelet Making* <i>(limited availability)</i>	Lurline Lanai
SUNDAY	8:00 - 8:45 AM	Barefoot Beach Workout	Malulani Pool
	8:00 - 9:00 AM	Sheraton Waikiki Yoga* <i>(limited availability)</i>	Spa Khakara desk at Sheraton Waikiki <i>(1st floor by elevator)</i>
	9:00 - 9:45 AM	Yogaquatics	Sheraton Edge Pool

*RESERVATIONS REQUIRED **RESERVATIONS REQUIRED PLUS ADDITIONAL COST



BAREFOOT BEACH WORKOUT

Designed to improve strength and endurance, this workout is a mix of cardio & stretching on the sand and at your own pace.

FLOWER LEI MAKING

Learn how to make flower lei. You may wear it yourself or give it to someone special.

HAWAIIAN QUILTING

Master Hawaiian quilter, Patricia Murray, will share the beautiful art of quilting and display her fabulous creations.

HIUWAI-MORNING RITUAL

A traditional Hawaiian sunrise ceremony of renewal of mind, body and spirit. It takes place besides the ocean and encourages guests to immerse themselves in the healing waters of Waikiki.

KUKUI AND SHELL BRACELET MAKING

Enjoy making a kukui nut and shell bracelet as you choose from a collection of colors and shells.

LAUHALA WEAVING

Learn the art of Lauhala weaving as you are taught the traditional Hawaiian method. (Make a star or fish ornament)

SURFBOARD CRAFT ACTIVITY

Learning about the history of surfing and board shaping, decorating your own mini board and making your own mini surfer.

THE ROYAL HAWAIIAN HISTORY TOUR

Take a tour of The Royal Hawaiian, learn the history of the Pink Palace and hear some fascinating stories.

WAIKIKI BEACH BOYS INTRODUCTION TO SURFING

Learn the basics of Surfing on the sands of Waikiki Beach.

YOGAQUATICS

Gentle, water-based aerobics class. All fitness levels welcome

AHA 'AINA, THE ROYAL HAWAIIAN LUAU EXPERIENCE *(Reservations required)*

Delicious island cuisine and an unforgettable show as you travel thru the history of Hawaii thru music, song and dance. There is additional cost.

BEGINNERS HULA *(Reservations required)*

Learn steps of our culture while dancing to some of our islands most beloved songs.

HAKU BRACELET MAKING *(Reservations required)*

Learn how to weave a bracelet or hair ornament just as the hula dancers at our 'Aha 'Aina Luau and the Mai Tai Bar wear!

YOGA CLASS *(Reservations required)*

Provided by Abhasa SpaEnjoy basic yoga class at Coconut Grove.

YOGA CLASS *(Reservations required)*

Provided by Khakala SpaEnjoy basic yoga class at Helumoa Garden.

PAINT NIGHT WITH EVA MAKK *(Reservations required)*

Conducted by local artist Eva Makk.