



JANUARY CULTURAL ACTIVITIES CALENDAR

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|---|------------------|--|--|
| 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) | Coconut Lanai |
| | 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 (1/1 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 (1/9: Coconut Grove) |
| THURSDAY | 8:00 - 9:00 AM | Yoga Class* <i>(limited availability)</i> | Coconut Grove |
| | 9:00 - 9:45 AM | Yogaquatics | Sheraton Edge Pool |
| | 10:00-10:30 AM | Royal Hawaiian Tour (Japanese) | Coconut Lanai |
| | 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 (1/25: Coconut Grove) |
| 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 |



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.