

26 SUNDAY	27 MONDAY	28 TUESDAY	29 WEDNESDAY	30 THURSDAY	1 FRIDAY	2 SATURDAY	3 SUNDAY	4 MONDAY	5 TUESDAY
<p>Continental Breakfast 8am - 10am Plantation House</p> <p>Keiki Shave Ice Happy Hour 12:30pm - 1:30pm Makai Grill + Bar</p> <p>*Keiki Lei Making 2:30pm - 3:30pm Plantation House</p> <p>Treat30 3:30pm - 4pm Makai Grill + Bar</p> <p>§Sunday Grilling 5pm - 8pm Makai Grill + Bar</p>	<p>Golf Tee Times (Golf Members Only) 8am - 11am Golf Course</p> <p>All Day Menu 11am - 7pm Makai Grill + Bar</p> <p>Happy Hour 4:30pm - 6pm Makai Grill + Bar</p> <p>Ala Kine Taco Bar 4:30pm - 7pm Makai Grill + Bar</p>	<p>Golf Course Power Walk 7am Meet at Greeter Stand</p> <p>Continental Breakfast 8am - 10am Plantation House</p> <p>*§Adult Tennis Clinic 10am - 11am Tennis Courts</p> <p>*§Golf Men's Game 11:30am Shotgun Start Golf Course \$80 Buy In</p> <p>*Ke Alaula Ceremony Chant + Protocol Workshop 1:30pm - 2:30pm Hale Huaka'i</p> <p>Treat30 3:30pm - 4pm Makai Grill + Bar</p> <p>Member Mixer 4:30pm - 6pm Plantation House</p>	<p>Continental Breakfast 8am - 10am Plantation House</p> <p>*Paint + Sip w/ Carol Meckling 9am - 11am Plantation House</p> <p>*Pickleball Clinic for Beginners 1pm - 2pm Event Pavilion</p> <p>*Ka Hula w/ La'a 1:30pm - 2:30pm Movement Studio</p> <p>*§Operation 36 2pm Start Golf Course</p> <p>*Hawaiian Quilting w/ Pikake Works 2:30pm - 4:30pm Plantation House</p> <p>Treat30 3:30pm - 4pm Makai Grill + Bar</p> <p>*Casual Wednesday Dinner 5pm - 8pm 'Umeke Kitchen + Bar</p>	<p>Continental Breakfast 8am - 10am Plantation House</p> <p>*§Coastal Māhā'ulepū Cycle w/ Jo 9am - 11:30am Meet at Greeter Stand</p> <p>*§Keiki Fun Farm Thursday 9am - 1pm Meet at the Farm</p> <p>*Ladies 9 Hole Stretch & Game 2pm Stretch 2:30pm Tee Time Practice Range</p> <p>Treat30 3:30pm - 4pm Makai Grill + Bar</p> <p>*§Keiki Pickleball Clinic (Ages 5-8) 4:15pm - 5pm Tennis Court</p> <p>*§Keiki Pickleball Clinic (Ages 9-14) 5pm - 6pm Tennis Court</p> <p>*§Chef's Table 5:30pm 'Umeke Kitchen + Bar</p> <p>*Ke Alaula Sunset Ceremony 6:55pm - 7:25pm Great Lawn Fire Pit</p>	<p>*Ke Alaula Sunrise Ceremony 5:30am Depart Meet at Keonelo Bay (Shipwrecks Beach Parking Lot)</p> <p>Golf Course Power Walk 7am Meet at Greeter Stand</p> <p>Continental Breakfast 8am - 10am Plantation House</p> <p>*§Adult Live Ball Tennis Clinic 10am - 11am Tennis Court</p> <p>*Adult Golf Clinic 11am - 12pm Practice Range</p> <p>*Keiki Slime Making 2pm - 3pm Game Room</p> <p>*§Haka Moa 3pm Start Golf Course</p> <p>Treat30 3:30pm - 4pm Makai Grill + Bar</p> <p>*Lei Nani: Aloha Friday Lei Making w/ Elvrine Chow 4pm - 5:30pm Plantation House</p> <p>Chop + Stix 5pm - 8:00pm 'Umeke Kitchen + Bar</p>	<p>Continental Breakfast 8am - 10am Plantation House</p> <p>*Golf Member Skins Game 8:30am Tee Times Golf Course \$25 Buy In</p> <p>*§Junior Golf Clinic (Ages 4-7) 10:30am - 11:30am Practice Range</p> <p>*§Keiki Tennis Clinic (Ages 9-14) 10:30am - 11:30am Tennis Court</p> <p>*§Junior Golf Clinic (Ages 8-14) 11:30am - 12:30pm Practice Range</p> <p>*§Keiki Tennis Clinic (Ages 5-8) 11:30am - 12:30pm Tennis Court</p> <p>Keiki Shave Ice Happy Hour 12:30pm - 1:30pm Makai Grill + Bar</p> <p>Treat30 3:30pm - 4pm Makai Grill + Bar</p>	<p>Continental Breakfast 8am - 10am Plantation House</p> <p>Keiki Shave Ice Happy Hour 12:30pm - 1:30pm Makai Grill + Bar</p> <p>*Keiki Lei Making 2:30pm - 3:30pm Plantation House</p> <p>Treat30 3:30pm - 4pm Makai Grill + Bar</p> <p>§Sunday Grilling 5pm - 8pm Makai Grill + Bar</p>	<p>HAPPY 4TH OF JULY!</p> <p>Golf Tee Times (Golf Members Only) 8am - 11am Golf Course</p> <p>*4th of July Summer Slam 10am - 5pm Locations Vary, For a full list of Summer Slam activities, please see the attached accompanying schedule.</p> <p>All Day Menu 11am - 7pm Makai Grill + Bar</p> <p>Happy Hour 4:30pm - 6pm Makai Grill + Bar</p> <p>*§4th of July Burgers, Brats, Beer & Bourbon 5pm - 8pm Makai Grill + Bar</p>	<p>Golf Course Power Walk 7am Meet at Greeter Stand</p> <p>Continental Breakfast 8am - 10am Plantation House</p> <p>*Nā Mea Hawai'i: Pua Hulu (Feather Flowers) 9am - 10:30am Plantation House</p> <p>*§Adult Tennis Clinic 10am - 11am Tennis Courts</p> <p>*§Golf Men's Game 11:30am Shotgun Start Golf Course \$80 Buy In</p> <p>*Bon Odori: Traditional Japanese Dance 2pm - 3pm Great Lawn</p> <p>Treat30 3:30pm - 4pm Makai Grill + Bar</p> <p>Member Mixer 4:30pm - 6pm Plantation House</p>

HOURS OF OPERATION

The Clubhouse
8am - 8pm
Tuesday - Sunday
Closed Monday

The Farm
Daily
Opens at 7am*
*Closes at 5pm on Wednesday & Sunday

'Umeke Kitchen + Bar
Breakfast: 8am - 11am
Tuesday - Sunday
Dinner: 5pm - 8pm
Tuesday - Saturday
Last seating at 8pm

Makai Grill + Bar
Lunch: 11am - 4:30pm
Tuesday - Sunday
Sunday Grilling: 5pm
Monday: 11am - 7pm

Makai Pools
Daily
7am - Sunset
Towel service begins at 10:30am

Hi'ilani Fitness
Monday
8am - 5pm
Tuesday - Sunday
7am - 6pm

Hi'ilani Spa
Tuesday - Sunday
8am - 6pm

Golf Course
Golf Members
Monday, 8am - 11am
Tuesday - Sunday, 7:30am

Plantation Members & Lodge Guests
Tuesday - Friday, 12:40
Saturday & Sunday, 11:40

Golf Practice Range
Tuesday - Sunday
7:00am - 6:30pm

Golf Clubhouse
Tuesday - Sunday
7:00am - 5:30pm

*Activities and events denoted with an asterisk require an RSVP. §Activities and events denoted with a dollar symbol have an associated cost. Activities/programs are subject to a 24-hour cancellation fee. To learn more or to make a reservation, please email memberservices@kukuiula.com (for Members) and guestservices@kukuiula.com (for Lodge Guests), or call 808-742-8000. Events and activity times are subject to changes or cancellation without notice.

HI'ILANI SPA + FITNESS

10-Day Calendar | June 26 - July 5

26 SUNDAY	27 MONDAY	28 TUESDAY	29 WEDNESDAY	30 THURSDAY	1 FRIDAY	2 SATURDAY	3 SUNDAY	4 MONDAY	5 TUESDAY
<p>**Ballet Stretch & Tone w/ Jennifer 8am - 9am Movement Studio</p> <p>**TRX & Strength w/ Cynthia 9:30am - 10:30am Fitness Lānai</p> <p>**Slow Flow Yoga w/ Jacyn 9:30am - 10:30am Movement Studio</p> <p>**Deep Stretch & Foam Roller w/ Cynthia 11am - 12pm Movement Studio</p> <p>**Aqua Tabata w/ Teri 11am - 12pm Spa Lap Pool</p> <p>**Yin, Hatha, Restorative Yoga Fusion w/ Joy 4pm - 5:15pm Movement Studio</p>	<p>Fitness Center (Only) Open 8am - 5pm</p> <p>*Therapeutic Yoga for Beginners w/ Christina 9:30am - 10:30am Movement Studio</p> <p>*Keiki Swim Class w/ Alaina (Ages 5-14) 11am - 12pm Makai Pool</p>	<p>**Upper Body Strength w/ Cynthia 8am - 9am Fitness Lānai</p> <p>**Core Conditioning w/ Christina 8am - 9am Movement Studio</p> <p>**TRX & HIIT Interval Training w/ Cynthia 9:30am - 10:30am Fitness Lānai</p> <p>**Barre w/ Courtney 9:30am - 10:30am Movement Studio</p> <p>**Aqua Boot Camp w/ Teri 11am - 12pm Spa Lap Pool</p> <p>**Keiki Yoga w/ Cynthia (Ages 5-14) 11am - 12pm Movement Studio</p> <p>**Slow Flow Yoga w/ Jacyn 4pm - 5:15pm Movement Studio</p>	<p>**Strength, Balance & Agility w/ Meli 8am - 9am Fitness Lānai</p> <p>**Vinyasa Yoga w/ Amanda 8am - 9am Movement Studio</p> <p>**Spine Strength & Mobility w/ Meli 9:30am - 10:30am Movement Studio</p> <p>**Pilates w/ Amanda 9:30am - 10:30am Fitness Lānai</p> <p>**Aqua Cardio Tabata w/ Meli 11am - 12pm Spa Lap Pool</p> <p>**Keiki Dance w/ Jennifer (Ages 5-14) 11am - 12pm Movement Studio</p> <p>**Trance Dance w/ Sienna, Jai & Jacyn 4pm - 5:30pm Event Pavilion</p>	<p>**Lower Body Strength w/ Cynthia 8am - 9am Fitness Lānai</p> <p>**Barre for Beginners w/ Brett 8am - 9am Movement Studio</p> <p>**Tone & Tighten w/ Courtney 9:30am - 10:30am Movement Studio</p> <p>**TRX Strength Training w/ Cynthia 9:30am - 10:30am Fitness Lānai</p> <p>**Yoga for Beginners w/ Joy 11am - 12pm Fitness Lānai</p> <p>**Aqua Fit w/ Courtney 11am - 12pm Spa Lap Pool</p> <p>**Slow Flow Yoga w/ Rochelle 4pm - 5:15pm Movement Studio</p>	<p>**Vinyasa Yoga w/ Amanda 8am - 9am Movement Studio</p> <p>**Fitness Foundations w/ Juan 8am - 9am Fitness Lānai</p> <p>**Family Friendly Fight Club w/ Julian 9:30am - 10:30am Fitness Lānai</p> <p>**Power Pilates w/ Amanda 9:30am - 10:30am Movement Studio</p> <p>**Swim Stroke Clinic w/ Alaina 9:30am - 10:30am Spa Lap Pool</p> <p>**Keiki Dance w/ Amanda 11am - 12pm Movement Studio</p> <p>**Yin Yoga & Sound Healing w/ Jai 4pm - 5:15pm Movement Studio</p>	<p>**Full Body Strength Training w/ Meli 8am - 9am Fitness Lānai</p> <p>**Flamenco for All (13+) w/ Jennifer 9am - 10:30am Movement Studio</p> <p>**Boot Camp w/ Meli 9:30am - 10:30am Fitness Lānai</p> <p>**Sound Healing Journey w/ Hezar 11am - 12pm Movement Studio</p> <p>**Aqua Cardio Tabata w/ Meli 11am - 12pm Spa Lap Pool</p> <p>**Yin Yoga w/ Joy 4pm - 5:15pm Movement Studio</p>	<p>**Vinyasa Yoga w/ Courtney 8am - 9am Movement Studio</p> <p>**TRX & Strength w/ Cynthia 9:30am - 10:30am Fitness Lānai</p> <p>**Slow Flow Yoga w/ Jacyn 9:30am - 10:30am Movement Studio</p> <p>**Deep Stretch & Foam Roller w/ Cynthia 11am - 12pm Movement Studio</p> <p>**Aqua Tabata w/ Teri 11am - 12pm Spa Lap Pool</p> <p>**Yin, Hatha, Restorative Yoga Fusion w/ Joy 4pm - 5:15pm Movement Studio</p>	<p>HAPPY 4TH OF JULY!</p> <p>Fitness Center (Only) Open 8am - 5pm</p> <p>*Therapeutic Yoga for Beginners w/ Christina 9:30am - 10:30am Movement Studio</p> <p>*4th of July Summer Slam Volleyball Game 11am Volleyball Court</p> <p>*Keiki Swim Class w/ Alaina (Ages 5-14) 11am - 12pm Makai Pool</p>	<p>**Upper Body Strength w/ Cynthia 8am - 9am Fitness Lānai</p> <p>**Yoga for Core w/ Christina 8am - 9am Movement Studio</p> <p>**TRX & HIIT Interval Training w/ Cynthia 9:30am - 10:30am Fitness Lānai</p> <p>**Cardio Barre w/ Courtney 9:30am - 10:30am Movement Studio</p> <p>**Aqua Boot Camp w/ Teri 11am - 12pm Spa Lap Pool</p> <p>**Keiki Yoga w/ Cynthia (Ages 5-14) 11am - 12pm Movement Studio</p> <p>**Slow Flow Yoga w/ Mary 4pm - 5:15pm Movement Studio</p>

HOURS OF OPERATION

The Clubhouse
8am - 8pm
Tuesday - Sunday
Closed Monday

The Farm
Daily
Opens at 7am*
*Closes at 5pm on
Wednesday & Sunday

'Umeke Kitchen + Bar
Breakfast: 8am - 11am
Tuesday - Sunday

Dinner: 5pm - 8pm
Tuesday - Saturday
Last seating at 8pm

Makai Grill + Bar
Lunch: 11am - 4:30pm
Tuesday - Sunday
Sunday Grilling: 5pm
Monday: 11am - 7pm

Makai Pools
Daily
7am - Sunset
Towel service begins
at 10:30am

Hi'ilani Fitness
Monday
8am - 5pm
Tuesday - Sunday
7am - 6pm

Hi'ilani Spa
Tuesday - Sunday
8am - 6pm

Golf Course
Golf Members
Monday, 8am - 11am
Tuesday - Sunday, 7:30am

Plantation Members & Lodge Guests
Tuesday - Friday, 12:40
Saturday & Sunday, 11:40

Golf Practice Range
Tuesday - Sunday
7:00am - 6:30pm

Golf Clubhouse
Tuesday - Sunday
7:00am - 5:30pm

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4th of July Summer Slam Schedule

10:00am	Self-Directed Lawn Games <ul style="list-style-type: none">• Corn Hole• Bocce Ball• Horse Shoes• Croquet	Great Lawn
11:00am	DJ Begins	Makai Grill + Bar
11:00am	Family Volleyball Game	Volleyball Court
2:00pm	Pickleball Tournament Doubles Tournament Double Elimination Format 4 Courts Running Concurrently	Tennis Court & Event Pavilion
2:00pm	Dash & Splash Relay Teams of 4 Paddle, Run, Paddle, Run Format Paddlers and runners must wear a sweatshirt and sweat pants. Three times at a time.	Makai Pool
2:00pm	Bicycle Limbo Riders will ride smaller and smaller bikes under a water noodle obstacle in a limbo style bike contest.	Fitness Lānai
5:00pm	4th of July Burgers, Brats, Beer & Bourbon	Makai Grill + Bar