

28 SUNDAY	29 MONDAY	30 TUESDAY	31 WEDNESDAY	1 THURSDAY	2 FRIDAY	3 SATURDAY	4 SUNDAY	5 MONDAY	6 TUESDAY
<p>Continental Breakfast 8am - 10am Plantation House</p> <p>Keiki Lei Making 2:30pm - 3:30pm Keiki Room</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>*Nā Mea Hawai'i: Pua Hulu (Feather Flowers) 9am - 10:30am Plantation House</p> <p>*Adult Tennis Clinic 10am - 11am Tennis Courts</p> <p>*Morning Sail on Kailele 9am - 10am Kukui'ula Harbor</p> <p>*Golf Men's Game 9:30am 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 Hale Huaka'i</p>	<p>Continental Breakfast 8am - 10am Plantation House</p> <p>*Wednesday Splash w/ 'Ike 'Ola Crew 8am - 9am Spa Lap Pool</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 1:30pm - 2:30pm Movement Studio</p> <p>*Treat30 3:30pm - 4pm Makai Grill + Bar</p> <p>*Casual Wednesday Dinner 5pm - 8pm 'Umeke Kitchen + Bar</p> <p>*Ke Alaula Sunset Ceremony 6:25pm - 6:55pm Great Lawn Fire Pit</p>	<p>*Ke Alaula Sunrise Ceremony 5:50am Depart Meet at Keonelo Bay (Shipwrecks Beach) Parking Lot</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 - 12pm 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>Golf Course Power Walk 7am Meet at Greeter Stand</p> <p>Continental Breakfast 8am - 10am Plantation House</p> <p>*Nā Mea Hawai'i: Make + Take Ni'ihau Shell "Kipona Style" Earrings 9am - 11am Plantation House</p> <p>*Adult Live Ball Tennis Clinic 10am - 11am Tennis Court</p> <p>*Adult Golf Clinic 11am - 12pm Practice Range</p> <p>*Gross Skins Game 1:00pm Start Golf Course</p> <p>*Keiki Slime Making 2pm - 3pm Keiki Room</p> <p>Treat30 3:30pm - 4pm Makai Grill + Bar</p> <p>*Lei Nani: Aloha Friday Lei Making 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>Treat30 3:30pm - 4pm Makai Grill + Bar</p>	<p>Continental Breakfast 8am - 10am Plantation House</p> <p>Keiki Lei Making 2:30pm - 3:30pm Keiki Room</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>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 9:30am Shotgun Start Golf Course \$80 Buy In</p> <p>Treat30 3:30pm - 4pm Makai Grill + Bar</p> <p>Burgers, Brats, Beer & Bourbon 5pm - 8pm Makai Grill + Bar</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

Bike Hale
Daily
8:00am - 5:00pm

*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 | August 28th - September 30th

28 SUNDAY	29 MONDAY	30 TUESDAY	31 WEDNESDAY	1 THURSDAY	2 FRIDAY	3 SATURDAY	4 SUNDAY	5 MONDAY	6 TUESDAY
<p>*\$TRX & Strength w/ Cynthia 9:30am - 10:30am <i>Fitness Lānai</i></p> <p>*\$Slow Flow Yoga w/ Courtney E. 9:30am - 10:30am <i>Movement Studio</i></p> <p>*\$Deep Stretch & Foam Roller w/ Cynthia 11am - 12pm <i>Movement Studio</i></p> <p>*\$Aqua Tabata w/ Teri 11am - 12pm <i>Spa Lap Pool</i></p> <p>*\$Yin, Hatha, Restorative Yoga Fusion w/ Joy 4pm - 5:15pm <i>Movement Studio</i></p>	<p>*\$Fitness Center (Only) Open 8am - 5pm</p> <p>*\$Therapeutic Yoga w/ Christina 9:30am - 10:30am <i>Movement Studio</i></p> <p>*\$Keiki Swim Class w/ Alaina (Ages 5-14) 11am - 12pm <i>Makai Pool</i></p>	<p>*\$Upper Body Strength Training w/ Cynthia 8am - 9am <i>Fitness Lānai</i></p> <p>*\$Yoga for Lower Back Relief w/ Christina 8am - 9am <i>Movement Studio</i></p> <p>*\$TRX & HIIT Interval Training w/ Cynthia 9:30am - 10:30am <i>Fitness Lānai</i></p> <p>*\$Cardio Barre w/ Courtney 9:30am - 10:30am <i>Movement Studio</i></p> <p>*\$Deep H2O w/ Teri 11am - 12pm <i>Makai Pool</i></p> <p>*\$Yin Yoga w/ Courtney E. 4pm - 5:15pm <i>Movement Studio</i></p>	<p>*\$Rain or Shine Fitness w/ Juan 7am - 7:45am <i>Hammer Box</i></p> <p>*\$Strength, Balance & Agility w/ Meli 8am - 9am <i>Fitness Lānai</i></p> <p>*\$Vinyasa Yoga w/ Amanda 8am - 9am <i>Movement Studio</i></p> <p>*\$Spine Strength & Mobility w/ Meli 9:30am - 10:30am <i>Movement Studio</i></p> <p>*\$Cardio Kickboxing Express w/ Amanda 9:30am - 10:15am <i>Fitness Lānai</i></p> <p>*\$Aqua Cardio Tabata w/ Meli 11am - 12pm <i>Spa Lap Pool</i></p> <p>*\$Ballet Stretch & Tone w/ Jennifer 11am - 12pm <i>Movement Studio</i></p> <p>*\$Yin & Yoga Sound Healing w/ Courtney 4pm - 5:15pm <i>Movement Studio</i></p>	<p>*\$Lower Body Strength w/ Cynthia 8am - 9am <i>Movement Studio</i></p> <p>*\$Hip Hop Barre w/ Brett 8am - 9am <i>Movement Studio</i></p> <p>*\$TRX Yoga w/ Cynthia 9:30am - 10:30am <i>Fitness Lānai</i></p> <p>*\$Pilates with Props w/ Courtney 9:30am - 10:30am <i>Movement Studio</i></p> <p>*\$Yoga for Beginners w/ Joy 11am - 12pm <i>Movement Studio</i></p> <p>*\$Aqua Fit w/ Courtney 11am - 12pm <i>Spa Lap Pool</i></p> <p>*\$Restorative Yoga w/ Rochelle 4pm - 5:15pm <i>Movement Studio</i></p>	<p>*\$Vinyasa Yoga w/ Amanda 8am - 9am <i>Movement Studio</i></p> <p>*\$Barbell Club w/ Juan 8am - 9am <i>Fitness Lānai</i></p> <p>*\$Power Pilates w/ Amanda 9:30am - 10:30am <i>Movement Studio</i></p> <p>*\$Swim Stroke Clinic w/ Alaina 9:30am - 10:30am <i>Spa Lap Pool</i></p> <p>*\$Deep H2O w/ Teri 11am - 12pm <i>Makai Pool</i></p> <p>*\$Yin Yoga & Sound Healing w/ Amanda 4pm - 5:15pm <i>Movement Studio</i></p>	<p>*\$Full Body Strength Training w/ Meli (Members Only) 8am - 9am <i>Hammer Box</i></p> <p>*\$Therapeutic Vinyasa Yoga w/ Mary 9am - 10:30am <i>Movement Studio</i></p> <p>*\$Boot Camp w/ Meli 9:30am - 10:30am <i>Fitness Lānai</i></p> <p>*\$Aqua Stretch, Cardio & Core w/ Meli 11am - 12pm <i>Spa Lap Pool</i></p> <p>*\$Yin Yoga w/ Joy 4pm - 5:15pm <i>Movement Studio</i></p>	<p>*\$Vinyasa Yoga w/ Courtney 9:30am - 10:30am <i>Fitness Lānai</i></p> <p>*\$TRX & Strength w/ Cynthia 9:30am - 10:30am <i>Fitness Lānai</i></p> <p>*\$Slow Flow Yoga w/ Jacyn 9:30am - 10:30am <i>Movement Studio</i></p> <p>*\$Deep Stretch & Foam Roller w/ Cynthia 11am - 12pm <i>Movement Studio</i></p> <p>*\$Aqua Tabata w/ Teri 11am - 12pm <i>Spa Lap Pool</i></p> <p>*\$Yin, Hatha, Restorative Yoga Fusion w/ Joy 4pm - 5:15pm <i>Movement Studio</i></p>	<p>*\$Fitness Center (Only) Open 8am - 5pm</p> <p>*\$Therapeutic Yoga w/ Christina 9:30am - 10:30am <i>Movement Studio</i></p>	<p>*\$Upper Body Strength Training w/ Cynthia 8am - 9am <i>Fitness Lānai</i></p> <p>*\$Yoga for Lower Back Relief w/ Christina 8am - 9am <i>Movement Studio</i></p> <p>*\$TRX & HIIT Interval Training w/ Cynthia 9:30am - 10:30am <i>Fitness Lānai</i></p> <p>*\$Cardio Barre w/ Courtney 9:30am - 10:30am <i>Movement Studio</i></p> <p>*\$Deep H2O w/ Teri 11am - 12pm <i>Makai Pool</i></p> <p>*\$Yin Myofascial Release w/ Courtney 4pm - 5:15pm <i>Movement Studio</i></p>

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Tuesday - Sunday
Closed Monday

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

'Umeke Kitchen + Bar
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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
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Golf Course
Golf Members
Monday, 8am - 11am
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Daily
8:00am - 5:00pm

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