

18   SUNDAY	19   MONDAY	20   TUESDAY	21   WEDNESDAY	22   THURSDAY	23   FRIDAY	24   SATURDAY	25   SUNDAY	26   MONDAY	27   TUESDAY
<p><b>Continental Breakfast</b> 8am – 10am Plantation House</p> <p><b>*Keiki Lei Making</b> 2:30pm – 3:30p Keiki Room</p> <p><b>Treat30</b> 3:30pm – 4:30pm Makai Grill + Bar</p> <p><b>*\$Sunday Grilling</b> 5pm – 8pm Makai Grill + Bar</p>	<p><b>Golf Tee Times Open to Golf Members only</b> 8am – 11am Golf Pro Shop</p> <p><b>All Day Menu</b> 11am – 7pm Makai Grill + Bar</p> <p><b>Happy Hour</b> 4:30pm – 6pm Makai Grill + Bar</p> <p><b>Ala Kine Taco Bar</b> 4:30pm – 7pm Makai Grill + Bar</p>	<p><b>Golf Course Power Walk</b> 7am Meet at Greeter Stand</p> <p><b>Continental Breakfast</b> 8am – 10am Plantation House</p> <p><b>*\$Morning Sail on Kailele</b> 9am – 10am Kukui'ula Harbor</p> <p><b>*\$Na Mea Hawai'i: Feather Hui Hawaiian Feather Crafting Group</b> 9am – 10:30am Plantation House</p> <p><b>*\$Adult Tennis Clinic</b> 10am – 11am Tennis Court</p> <p><b>Treat30</b> 3:30pm – 4pm Makai Grill + Bar</p> <p><b>*Trivia Night</b> 4:30pm – Gather 5:00pm – Start Plantation House</p>	<p><b>Continental Breakfast</b> 8am – 10am Plantation House</p> <p><b>*\$Wednesday Splash w/ 'Ike Ola Crew</b> 8am-9am Spa Lap Pool</p> <p><b>*\$Paint + Sip w/ Carol Meckling</b> 9am – 11am Plantation House</p> <p><b>*\$Pickleball Clinic for Beginners</b> 1pm – 2pm Event Pavilion</p> <p><b>*\$Ka Hula / La`a</b> 1:30pm – 2:30pm Movement Studio</p> <p><b>Treat30</b> 3:30pm – 4:30pm Makai Grill + Bar</p> <p><b>*\$Casual Wednesday Dinner</b> 5pm – 8pm 'Umeke Kitchen + Bar</p>	<p><b>Continental Breakfast</b> 8am – 10am Plantation House</p> <p><b>*\$Coastal Maha`ulepu Cycle w/ Jo</b> 9am – 11:30am Meet at Greeter Stand</p> <p><b>Keiki Fun Farm Thursday</b> 9am – 12pm Meet at The Farm</p> <p><b>*\$Ladies 9 Hole Stretch &amp; Game</b> 2pm – Stretch 2:30pm – Tee Time Practice Range</p> <p><b>Treat30</b> 3:30pm – 4pm Makai Grill + Bar</p> <p><b>*\$Keiki Pickleball Clinic (Ages 5-8)</b> 4:15pm – 5pm Tennis Court</p> <p><b>*\$Keiki Pickleball Clinic (Ages 9 – 14)</b> 5pm – 6pm Tennis Court</p> <p><b>*\$Chef's Table</b> 5:30pm 'Umeke Kitchen + Bar</p>	<p><b>Golf Course Power Walk</b> 7am Meet at Greeter Stand</p> <p><b>Continental Breakfast</b> 8am – 10am Plantation House</p> <p><b>*\$Adult Live Ball Tennis Clinic</b> 10am-11am Tennis Courts</p> <p><b>*\$Adult Golf Clinic</b> 11am – 12pm Practice Range</p> <p><b>*Keiki Slime Making</b> 2pm – 3pm Keiki Room</p> <p><b>Pau Hana Paddle w/ 'Ike `Ola</b> 2pm Paddle Out Kukui'ula Harbor</p> <p><b>*Haka Moa</b> 3pm – Shotgun Start Golf Course</p> <p><b>Treat30</b> 3:30pm – 4pm Makai Grill + Bar</p> <p><b>*\$Chop + Stix</b> 5pm – 8pm 'Umeke Kitchen + Bar</p>	<p><b>Continental Breakfast</b> 8am – 10am Plantation House</p> <p><b>Golf Member Skins</b> 8:30am Tee Times Golf Course 25 Buy-In</p> <p><b>*\$Junior Golf Clinic (Ages 4-7)</b> 10:30am-11:30am Practice Range</p> <p><b>*\$Keiki Tennis Clinic (Ages 9-14)</b> 10:30am – 11:30am Tennis Court</p> <p><b>*\$Junior Golf Clinic (Ages 8-14)</b> 11:30am-12:30am Practice Range</p> <p><b>*\$Keiki Tennis Clinic (Ages 5-8)</b> 11:30am – 12:30am Tennis Court</p> <p><b>Treat30</b> 3:30pm – 4pm Makai Grill + Bar</p>	<p><b>Continental Breakfast</b> 8am – 10am Plantation House</p> <p><b>*Keiki Lei Making</b> 2:30pm – 3:30p Keiki Room</p> <p><b>Treat30</b> 3:30pm – 4:30pm Makai Grill + Bar</p> <p><b>*\$Sunday Grilling</b> 5pm – 8pm Makai Grill + Bar</p>	<p><b>*Golf Tee Times (Golf Members Only)</b> 8am – 11am Golf Course</p> <p><b>All Day Menu</b> 11am – 7pm Makai Grill + Bar</p> <p><b>Happy Hour</b> 4:30pm – 6pm Makai Grill + Bar</p> <p><b>Ala Kine Taco Bar</b> 4:30pm – 7pm Makai Grill + Bar</p>	<p><b>Golf Course Power Walk</b> 7am Meet at Greeter Stand</p> <p><b>Continental Breakfast</b> 8am – 10am Plantation House</p> <p><b>*\$Na Mea Hawai'i: Feather Hui Hawaiian Feather Crafting Group</b> 9am – 10:30am Plantation House</p> <p><b>*\$Adult Tennis Clinic</b> 10am – 11am Tennis Court</p> <p><b>Ke Alaula Ceremony Chant + Protocol Workshop</b> 1:30pm – 2:30pm Hale Huaka`i</p> <p><b>Treat30</b> 3:30pm – 4pm Makai Grill + Bar</p> <p><b>Member Mixer</b> 4:30pm – 6:00pm Hale Huaka`i</p>

**HOURS OF OPERATION**

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

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

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

Dinner: 5pm - 8pm  
Tuesday - Sunday  
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

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

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

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

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

**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 reservation, please email [memberservices@kukuiula.com](mailto:memberservices@kukuiula.com) (for members) and [guestservices@kukuiula.com](mailto: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 | September 18th - 27th

18   SUNDAY	19   MONDAY	20   TUESDAY	21   WEDNESDAY	22   THURSDAY	23   FRIDAY	24   SATURDAY	25   SUNDAY	26   MONDAY	27   TUESDAY
<p><b>*Vinyasa Yoga w Amanda</b> 8am - 9am <i>Movement Studio</i></p> <p><b>*TRX &amp; Strength w/ Cynthia</b> 9:30am - 10:30am <i>Fitness Lanai</i></p> <p><b>*Deep Stretch &amp; Foam Roller w/ Cynthia</b> 11am - 12pm <i>Movement Studio</i></p> <p><b>*Aqua Tabata w/ Teri</b> 11am - 12pm <i>Spa Lap Pool</i></p> <p><b>*Yin, Hatha, Restorative Yoga Fusion w/ Joy</b> 4pm - 5:15pm <i>Movement Studio</i></p>	<p><b>*Fitness Center (Only) Open All Day Menu</b> 8am - 5pm</p> <p><b>*Therapeutic Yoga w/ Christina</b> 9:30am - 10:30am <i>Movement Studio</i></p>	<p><b>*Upper Body Strength Training w/ Cynthia</b> 8am - 9am <i>Fitness Lanai</i></p> <p><b>*Yoga for Lower Back Relief w/ Christina</b> 8am - 9am <i>Movement Studio</i></p> <p><b>*TRX &amp; HIIT Interval Training w/ Cynthia</b> 9:30am - 10:30am <i>Fitness Lanai</i></p> <p><b>*Cardio Barre w/ Courtney E.</b> 9:30am - 10:30am <i>Movement Studio</i></p> <p><b>*Deep H2O w/ Teri</b> 11am - 12pm <i>Makai Pool</i></p> <p><b>*Yin Myofascial Release w/ Courtney M.</b> 4pm - 5:15pm <i>Movement Studio</i></p>	<p><b>*Strength, Balance &amp; Agility w/ Meli</b> 8am - 9am <i>Fitness Lanai</i></p> <p><b>*Vinyasa Yoga w/ Amanda</b> 8am - 9am <i>Movement Studio</i></p> <p><b>*Spine Strength &amp; Mobility w/ Meli</b> 9:30am - 10:30am <i>Movement Studio</i></p> <p><b>*Cardio Kickboxing Express w/ Amanda</b> 9:30am - 10:15am <i>Fitness Lanai</i></p> <p><b>*Aqua Cardio Tabata w/ Meli</b> 11am - 12pm <i>Spa Lap Pool</i></p> <p><b>*Breath &amp; Body Mechanics w/ Jennifer</b> 11am - 12pm <i>Movement Studio</i></p> <p><b>*Yin Yoga &amp; Sound Healing w/ Courtney M.</b> 4pm - 5:15pm <i>Movement Studio</i></p>	<p><b>*Lower Body Barre w/ Brett</b> 8am - 9am <i>Movement Studio</i></p> <p><b>*Pilates with Props w/ Courtney E.</b> 9:30am - 10:30am <i>Fitness Lanai</i></p> <p><b>*Yoga for Beginners w/ Joy</b> 11am - 12pm <i>Movement Studio</i></p> <p><b>*Autumn Aqua Fit w/ Courtney E.</b> 11am - 12pm <i>Spa Lap Pool</i></p> <p><b>*Autumn Equinox Restorative Yoga w/ Rochelle</b> 4pm - 5:15pm <i>Movement Studio</i></p>	<p><b>*Vinyasa Yoga w/ Courtney M.</b> 8am - 9am <i>Movement Studio</i></p> <p><b>*Full Body Strength Training w/ Meli</b> 9:30am - 10:30am <i>Fitness Lanai</i></p> <p><b>*Swim Stroke Clinic w/ Alaina</b> 9:30am - 10:30am <i>Spa Lap Pool</i></p> <p><b>*Deep H2O w/ Teri</b> 11am - 12pm <i>Makai Pool</i></p> <p><b>*Yin Yoga &amp; Sound Healing w/ Joy</b> 4pm - 5:15pm <i>Movement Studio</i></p>	<p><b>*Hammer Strength Training / Meli</b> 8am - 9am <i>Hammer Box</i></p> <p><b>*Bounce w/ The Playground 808</b> 9:30am - 10:30am <i>Movement Studio</i></p> <p><b>*Mahalo Boot Camp w/ Meli</b> 9:30am - 10:30am <i>Fitness Lanai</i></p> <p><b>*Aqua Stretch, Cardio &amp; Core w/ Meli</b> 11am - 12pm <i>Spa Lap Pool</i></p> <p><b>*Yin Yoga w/ Joy</b> 4pm - 5:15pm <i>Movement Studio</i></p>	<p><b>*Vinyasa Yoga w/ Courtney M.</b> 8am - 9am <i>Movement Studio</i></p> <p><b>*Core Strength &amp; Body Sculpt w/ Christina</b> 9:30 - 10:30am <i>Fitness Lanai</i></p> <p><b>*Deep Stretch &amp; Foam Roller w/ Christina</b> 11am - 12pm <i>Movement Studio</i></p> <p><b>*Aqua Tabata w/ Teri</b> 11am - 12pm <i>Spa Lap Pool</i></p> <p><b>*New Moon Yin, Hatha, Restorative Yoga Fusion w/ Joy</b> 4pm - 5:15pm <i>Movement Studio</i></p>	<p><b>*Fitness Center (Only) Open</b> 8am - 5pm</p> <p><b>*Therapeutic Yoga w/ Christina</b> 9:30am - 10:30am <i>Movement Studio</i></p>	<p><b>*Upper Body Strength Training w/ Cynthia</b> 8am - 9am <i>Fitness Lanai</i></p> <p><b>*Yoga for Lower Back Relief w/ Christina</b> 8am - 9am <i>Movement Studio</i></p> <p><b>*TRX &amp; HIIT Interval Training w/ Cynthia</b> 9:30am - 10:30am <i>Fitness Lanai</i></p> <p><b>*Cardio Barre w/ Courtney E.</b> 9:30am - 10:30am <i>Movement Studio</i></p> <p><b>*Deep H2O w/ Teri</b> 11am - 12pm <i>Makai Pool</i></p> <p><b>*Yin Myofascial Release w/ Courtney M.</b> 4pm - 5:15pm <i>Movement Studio</i></p>

## HOURS OF OPERATION

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

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

**Umeke Kitchen + Bar**  
Breakfast: 8am - 11am  
Tuesday - Sunday  
Closed Monday

Dinner: 5pm - 8pm  
Tuesday - Sunday  
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

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

**Hi`ilani Spa**  
Tuesday - Sunday  
8am - 6pm

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

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

**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 reservation, please email [memberservices@kukuiula.com](mailto:memberservices@kukuiula.com) (for members) and [guestservices@kukuiula.com](mailto:guestservices@kukuiula.com) (for lodge guests), or call (808-742-8000). Events and activity times are subject to changes or cancellation without notice.