

25 SUNDAY	26 MONDAY	27 TUESDAY	28 WEDNESDAY	29 THURSDAY	30 FRIDAY	01 SATURDAY	02 SUNDAY	03 MONDAY	04 TUESDAY
<p>Continental Breakfast 8am – 10am Plantation House</p> <p>*Keiki Lei Making 2:30pm – 3:30p Keiki Room</p> <p>Treat30 3:30pm – 4:30pm Makai Grill + Bar</p> <p>*\$Sunday Grilling 5pm – 8pm Makai Grill + Bar</p>	<p>Golf Tee Times Open to Golf Members only 8am – 11am Golf Pro Shop</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 Court</p> <p>Na Mea Hawai'i: 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 – Farewell and A Hui Hou to Nicholas Gold 4:30pm – 6:00pm 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>*\$Pickleball Clinic for Beginners 1pm – 2pm Event Pavilion</p> <p>*\$Ka Hula / La`a 1:30pm – 2:30pm Movement Studio</p> <p>*\$Hawaiian Quilting Club with Pikake Works 2:30pm – 4:30pm Plantation House</p> <p>Treat30 3:30pm – 4:30pm Makai Grill + Bar</p> <p>*\$Casual Wednesday Dinner 5pm – 8pm 'Umeke Kitchen + Bar</p>	<p>Continental Breakfast 8am – 10am Plantation House</p> <p>*\$Coastal Maha`ulepu 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>Welcome Reception for Brian Hallberg 4:30pm – 6:00pm 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 Live Ball Tennis Clinic 10am-11am Tennis Courts</p> <p>*\$Adult Golf Clinic 11am – 12pm Practice Range</p> <p>*Keiki Slime Making 2pm – 3pm Keiki Room</p> <p>Pau Hana Paddle w/ 'Ike `Ola 2pm Paddle Out Kukui'ula Harbor</p> <p>Treat30 3:30pm – 4pm Makai Grill + Bar</p> <p>Aloha Friday Lei Making w/ Elvrine Chow 4:00pm – 5:30pm 'Plantation House</p> <p>*\$Chop + Stix 5pm – 8pm 'Umeke Kitchen + Bar</p> <p>*\$Ke Alaula Sunset Ceremony 6pm – 6:30pm Great Lawn Fire Pit</p>	<p>Ke Alaula Sunrise Ceremony Depart: 6am Meet at Keonelo Bay (Shipwrecks Beach) Parking Lot</p> <p>Continental Breakfast 8am – 10am Plantation House</p> <p>*\$Junior Golf Clinic (Ages 5-8) 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 9-14) 11:30am-12:30am Practice Range</p> <p>*\$Keiki Tennis Clinic (Ages 5-8) 11:30am – 12:30am 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 – 3:30p Keiki Room</p> <p>Treat30 3:30pm – 4:30pm Makai Grill + Bar</p> <p>*\$Sunday Grilling 5pm – 8pm Makai Grill + Bar</p>	<p>*Golf Tee Times Open to 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 Court</p> <p>*\$Na Mea Hawai'i: Driftwood Succulent Planters w/ Irina Young 11am – 12pm Plantation House Bistro</p> <p>Treat30 3:30pm – 4pm Makai Grill + Bar</p> <p>Burgers, Brats, Beer & Bourbon 5pm – 8:00pm Makai Pool Grill</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

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HI`ILANI SPA + FITNESS

10-Day Calendar | Sept. 25 – Oct. 4th

25 SUNDAY	26 MONDAY	27 TUESDAY	28 WEDNESDAY	29 THURSDAY	30 FRIDAY	01 SATURDAY	02 SUNDAY	03 MONDAY	04 TUESDAY
<p>*Vinyasa Yoga w/ Courteney M. 8am - 9am <i>Movement Studio</i></p> <p>*Core Strength & Body Sculpt w/ Christina 9:30am - 10:30am <i>Movement Studio</i></p> <p>*Deep Stretch & Foam Roller w/ Christina 11am - 12pm <i>Movement Studio</i></p> <p>*Aqua Tabata w/ Teri 11am - 12pm <i>Spa Lap Pool</i></p> <p>*New Moon 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 Lanai</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 Lanai</i></p> <p>*Cardio Barre w/ Courtney E. 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/ Courteney M. 4pm - 5:15pm <i>Movement Studio</i></p>	<p>*Strength, Balance & Agility w/ Meli 8am - 9am <i>Fitness Lanai</i></p> <p>*Vinyasa Yoga w/ Stefanie 8am - 9am <i>Movement Studio</i></p> <p>*Spine Strength & Mobility w/ Meli 9:30am - 10:30am <i>Movement Studio</i></p> <p>*Aqua Cardio Tabata w/ Meli 11am - 12pm <i>Spa Lap Pool</i></p> <p>*Breath & Body Mechanics w/ Jennifer 11am - 12pm <i>Movement Studio</i></p> <p>*Yin Yoga & Sound Healing w/ Courteney M. 4pm - 5:15pm <i>Movement Studio</i></p>	<p>*Lower Body Strength w/ Cynthia 8am - 9am <i>Fitness Lanai</i></p> <p>*Lower Body Barre w/ Brett 8am - 9am <i>Movement Studio</i></p> <p>*TRX Yoga w/ Cynthia 9:30am - 10:30am <i>Fitness Lanai</i></p> <p>*Pilates with Props w/ Courtney E. 9:30am - 10:30am <i>Fitness Lanai</i></p> <p>*Yoga for Beginners w/ Joy 11am - 12pm <i>Movement Studio</i></p> <p>*Aqua Fit w/ Courtney E. 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>*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 La Pool</i></p> <p>*Deep H2O w/ Courtney E. 11am - 12pm <i>Makai Pool</i></p> <p>*Yin Yoga & Sound Healing w/ Amanda 4pm - 5:15pm <i>Movement Studio</i></p>	<p>*Hammer Strength Training / Meli 8am - 9am <i>Hammer Box</i></p> <p>*Groundation: Celebrating a Centered Life with Prana Vinyasa w/ Sienna 9am - 10:30am <i>Movement Studio</i></p> <p>*Boot Camp w/ Meli 9:30am - 10:30am <i>Fitness Lanai</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/ Stefanie 8am - 9am <i>Movement Studio</i></p> <p>*TRX & Strength w/ Cynthia 9:30 - 10:30am <i>Fitness Lanai</i></p> <p>*Deep Stretch & Foam Roller w/ Cynthia 11am - 12pm <i>Movement Studio</i></p> <p>*Aqua Tabata w/ Courtney E. 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 Lanai</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 Lanai</i></p> <p>*Cardio Barre w/ Courtney E. 9:30am - 10:30am <i>Movement Studio</i></p> <p>*Deep H2O w/ Teri 11am - 12pm <i>Makai Pool</i></p> <p>*Foam Roll & Deep Stretch w/ Cynthia 4pm - 5:15pm <i>Movement Studio</i></p>

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*Closes at 5pm pm on Wednesday & Saturday

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