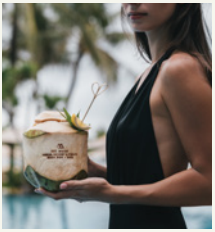
WHAT'S ON THIS

WEEK

NOVEMBER 2026





YOUR MULIA MOMENTS AWAIT

Step into a world of refined luxury at The Mulia, Mulia Resort & Villas – Nusa Dua, Bali. Whether you seek tranquil moments by the ocean, exceptional dining, or engaging experiences for the whole family, our curated offerings ensure a stay filled with unforgettable moments. From award-winning restaurants and rejuvenating spa rituals to exclusive events and daily activities, let this be your key to the best of Mulia Bali.

REVITALISE, ENERGISE

Reinvigorate your body and mind with high-energy fitness sessions, including High-Intensity Interval Training (HIIT) at the Mulia Fitness Centre. Complement your vitality with revitalising spa rituals focusing on the healing benefits of marine-inspired elements, aromatherapy, and techniques designed to alleviate stress, enhance circulation, and promote profound relaxation.

MULIA FITNESS CENTRE
Opening hours 6 AM - 8 PM

MULIA SPA
Opening hours 8 AM - 8 PM





ALL ABOUT JUNIOR

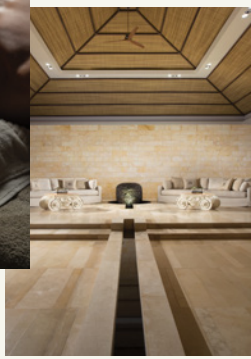
Our Junior VIPs deserve the best at Mulia Bali.
Let them explore the plethora of fun activities with their peers at our kid's clubs.

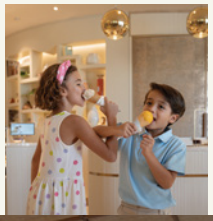
MULIA KIDZ
for children aged 3 - 8
Daily from 9 AM - 6 PM

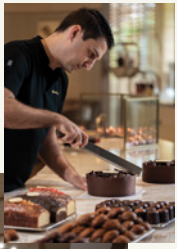
MULIA KIDZ EXPLORER
for children aged 8 - 12
Daily from 9 AM - 6 PM

T-ZONE
for teenagers aged 9 - 15
Daily from 9 AM - 5 PM











YOUR MEAL IS SERVED

THE CAFE
Global Gastronomy
Breakfast 7 AM - 11 AM
Dinner 6 PM - 11 PM
Sunday Lunch 12 noon - 3 PM

TABLE8
Cantonese & Dim Sum
Lunch 12 PM - 3 PM
Dinner 6 PM - 11 PM
Sunday Dim Sum 10 AM - 12 PM
Sunday Lunch 12 PM - 3 PM

SOLEIL
Mediterranean & Pan-Asian
Lunch 11 AM - 3 PM
Snack 3 PM - 6 PM
Dinner 6 PM - 11 PM
Sunday Brunch 11 AM - 3 PM

EDOGIN
Japanese
Dinner 6 PM - 11 PM
Teppanyaki Buffet 6 PM - 11 PM
(Friday - Sunday)

CANNELÉ
French Artisanal Pâtissière
Daily from 8 AM - 10 PM

CASCADE LOUNGE
Cocktails & Afternoon Tea
All Day Dining 10 AM - 10 PM
Afternoon Tea 3 PM - 6 PM

THE BAR
Cocktails & Afternoon Tea
All Day Dining 11 AM - 11 PM
Afternoon Tea 3 PM - 6 PM

SKY BAR
Cocktails & Tapas
Daily from 5 PM - 11 PM

MULIA DELI
Delicatessen Retail
Daily from 10 AM - 10 PM

SPLASH, SERVE, SURF

The luxury of choice - be it a relaxing day by one of our pools, a friendly game of tennis, or paddling on a stand-up paddleboard along the calm waters of Nusa Dua, know that you will always have something to choose from.

OCEANFRONT POOL
COURTYARD POOL
LADIES COURTYARD POOL
SPLASH POOL (KIDS POOL)
Daily from 7 AM - 7 PM

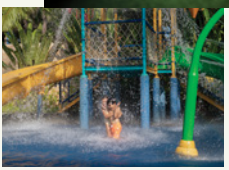
TENNIS & PICKLEBALL COURT
Gear rental and sparring partners are available. Booking is recommended.
Daily from 6 AM - 8 PM

SHOPS GALORE
SALTO
Curated fashion, jewellery, souvenirs
Daily from 9 AM - 6 PM

SHOPPING ARCADE
Fashion, jewellery, surfing gear.
Daily from 8 AM - 8 PM

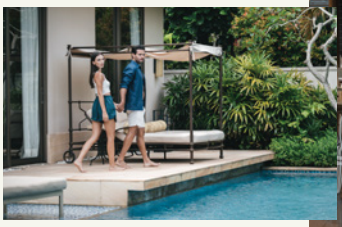




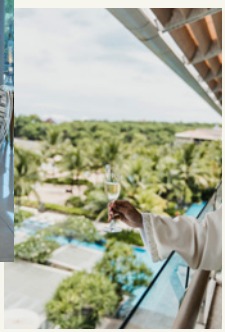




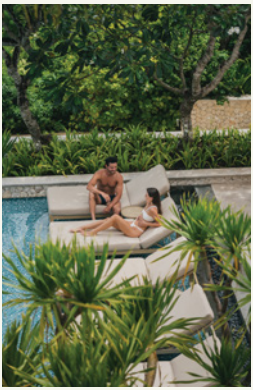
WHAT'S ON





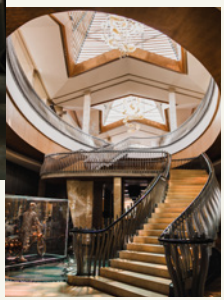












WHAT'S ON THIS WEEK: Monday - Thursday

Time	Monday	Tuesday	Wednesday	Thursday
7 AM - 7.45 AM	Hatha - Surya Namaskar Eden Garden (Maximum capacity : 25 People)	Gentle Vinyasa Flow Eden Garden (Maximum capacity : 25 People)	Yin Yoga Eden Garden (Maximum capacity : 25 People)	Hatha - Strength & Grace Eden Garden (Maximum capacity : 25 People)
8.30 AM - 9.15 AM	Cardio Blast Fitness Centre	HIIT Fitness Centre	COREmotion Fitness Centre	Boot Camp Fitness Centre
BREAKFAST HIGHLIGHTS	**The Cafe (Available Daily)	**Cannelé (Upscale Breakfast) (Available Daily 8 AM - 10.30 AM)	**The Cafe (Available Daily)	**Cannelé (Upscale Breakfast) (Available Daily 8 AM - 10.30 AM)
ACTIVITIES HIGHLIGHTS (Available to Purchase)	***Private Bonfire on the Beach with toasted Marsmallow S'mores (Available Daily)	**Hair Braiding (Available Daily) Splash Pool	***Private Cinema by The Sea & The Gazebo (Available Daily)	**Balinese Costume (Available Daily) Splash Pool
	***Perfume Making (Available Daily)	***Cat Bed Making (Available Daily)	***Glow in the Dark Making (Available Daily)	***Scented Candle Making (Available Daily)
SPORT & WELLNESS HIGHLIGHTS (Available to Purchase)	**Pickleball Lesson/ Hitting Partner (Available Daily) Fitness Centre	***Kids Yoga (Tuesday & Saturday) Reserved at Fitness Centre	**Cardio Boxing (Available Daily) Fitness Centre	**Personal Trainer (Available Daily) Fitness Centre
Mulia KiDZ (3-8 years old)	Morning Streching, Fun Dance, Craft Time, Indoor Games, String Braiding, Paper Flower Making, Bracelet Making, Balinese Dress-Up (only Saturday), Origami, Treasure Hunt, Competition & Team Building Games			
Mulia Kidz Explorer (8-12 years old)	Promenade Walk, Bracelet Making, Screen Time, Indoor Games, Macrame, Balinese Experience, Create My Own Craft, Fun Dance			
10 AM - 10.45 AM	Make Your Own "Tridatu" Bracelet Middle Beach	Write Your Name with Balinese Characters Middle Beach	"Canang" (Balinese Offering) Making Class Middle Beach	Balinese Dance Class Middle Beach
11 AM - 11.30 AM	Fun Water Aerobics Courtyard Pool			
11.30 AM - 12 PM	Social Pool Games Pass 10 Courtyard Pool	Social Pool Games Basket Polo Courtyard Pool	Social Pool Games Water Polo Courtyard Pool	Social Pool Games Olympic Games Courtyard Pool
LUNCH HIGHLIGHTS	**Soleil A La Carte Menu (Available Daily)	**Table8 Family Style Lunch (Available Monday to Thursday)	**Soleil A La Carte Menu (Available Daily)	**Cannelé A La Carte Menu (Available Daily)
SPA HIGHLIGHTS	**Restorative Body Massage 90 minutes (Available Daily)	**Mulia Bali Wellness Therapy 150 minutes (Available Daily)	**De-Stress Journey 120 minutes (Available Daily)	**Perfect Hydration Facial 60 minutes (Available Daily)
3 PM - 6 PM	**Afternoon Tea at Cannelé (Available Daily 3 PM - 6 PM)	***Mulia Picnic by the Beach (Available Daily)	**Afternoon Tea at The Bar (Available Daily 3 PM- 6 PM)	**Special Watermelon Cooler at Ocean Pool (Available Daily)
4 PM - 4.45 PM	Pound Fit Fitness Centre (24-hour advance reservation required)	Mat Pilates Fitness Centre	Trampoline Workout Fitness Centre (24-hour advance reservation required)	Kiat Jud Dai Fitness Centre
5 PM - 5.45 PM	Water Sound Therapy (WATSU) Courtyard Pool Upper (24-hour advance reservation required)	Aerial Yoga Fitness Centre (24-hour advance reservation required)	Sunset Yoga Unity Garden	Stability Ball Stretch Fitness Centre (24-hour advance reservation required)
5 PM - 6 PM	Social Beach Soccer North Beach	Social Beach Volley North Beach	Social Beach Tennis North Beach	Social Beach Soccer North Beach
DINNER HIGHLIGHTS	**Sundowner Drinks at Cascade Lounge (10 AM - 10 PM)	**Pre or After Dinner Drinks at Sky Bar (5 PM - 11 PM)	**Sundowner Drinks at The Bar (11 AM - 11 PM)	**Pre or After Dinner Drinks at Sky Bar (5 PM - 11 PM)
		Live Entertainment at The Bar (every Tuesday to Sunday) (8 PM - 9.45 PM)		
	**The Cafe "Live Cooking All You Can Eat" (Available Daily)	**Full Moon Romantic Dinner by the Beach (48-hour advance reservation required - based on table availability) (24 November 2026)	**Soleil "A la Carte Menu" (Available Daily)	**The Cafe "Live Cooking All You Can Eat" (Available Daily)
	**Proposal Dinner by The Ocean (72-hour advance reservation required) (Available Daily- based on table availability)	**Romantic Dinner Table for Two (48-hour advance reservation required) (Available Daily- based on table availability)	**Romantic Dinner at Courtyard Pool (48-hour advance reservation required) (Available Daily- based on table availability)	**Korean BBQ at Living Room (reservation and full payment in advance is required - based on table availability - for in-house guest only) (Available every Thursday)

**Charges apply
***Charges apply & 24-hour advance reservation required

WHAT'S ON THIS WEEK: Friday - Sunday

Time	Friday	Saturday	Sunday
7 AM - 7.45 AM	Power Vinyasa Flow Eden Garden (Maximum capacity : 25 People)	Restorative Yoga & Meditation Eden Garden (Maximum capacity : 25 People)	Yoga Balance Flow Eden Garden (Maximum capacity : 25 People)
8.30 AM - 9.15 AM	Rush Fitness Centre	MMA Workout Fitness Centre	Boot Camp Fitness Centre
BREAKFAST HIGHLIGHTS	**The Cafe (Available Daily)	**Cannelé (Upscale Breakfast) (Available Daily 8 AM - 10.30 AM)	**The Cafe (Available Daily)
ACTIVITIES HIGHLIGHTS (Available to Purchase)	**Seaside Shisha (Available Daily) Reserved at Fitness Centre or directly at The Beach area	**Private Swimming Lesson (Available Daily) Reserved at Fitness Centre	***Little Splash Bash & Birthday Bliss Party (Available Daily) Reserved at Fitness Centre
	***Tie-Dye By The Beach (Tuesday & Friday)	***Soap Making (Available Daily)	***Diffuser Making (Available Daily)
SPORT & WELLNESS HIGHLIGHTS (Available to Purchase)	***Tennis Lesson / Hitting Partner (Available Daily) Fitness Centre	***Private Yoga, Aerial Yoga & Sound Theraphy (Available Daily) Fitness Centre	**Kids Tennis Academy (Sunday & Thursday) Reserved at Fitness Centre
Mulia KiDZ (3-8 years old)	Morning Streching, Fun Dance, Craft Time, Indoor Games, String Braiding, Paper Flower Making, Bracelet Making, Balinese Dress-Up (only Saturday), Origami, Treasure Hunt, Competition & Team Building Games		
Mulia Kidz Explorer (8-12 years old)	Promenade Walk, Bracelet Making, Screen Time, Indoor Games, Macrame, Balinese Experience, Create My Own Craft, Fun Dance		
10 AM - 10.45 AM	Balinese Coconut Leaf Art Middle Beach	Make Your Own "Tridatu" Bracelet Middle Beach	"Canang" (Balinese Offering) Making Class Middle Beach
11 AM - 11.30 AM	Fun Water Aerobics Courtyard Pool		
11.30 AM - 12 PM	Social Pool Games Water Polo Courtyard Pool	Social Pool Games Basket Polo Courtyard Pool	Social Pool Games Water Polo Courtyard Pool
LUNCH HIGHLIGHTS	**Table8 Buffet & A La Carte Menu (Buffet available Friday - Sunday)	**Cannelé A La Carte Menu (Available Daily)	Soleil Brunch (11 AM - 3 PM) The Cafe Lunch (12 PM - 3 PM) Table8 Dimsum & Lunch (10 AM - 3 PM) (last order 30 minutes before closing time)
SPA HIGHLIGHTS	**Foot Reflexology 30/60 minutes (Available Daily)	**Express Facial 30 minutes (Available Daily)	**Be Relaxed Body Massage 75 minutes (Available Daily)
3 PM - 6 PM	**Afternoon Tea Cascade Lounge (Available daily 3 PM - 6 PM)	**Snacks & Cocktails at The Bar (Available Daily)	**Mulia Mojito Ocean Pool
4 PM - 4.45 PM	TRX Fitness Centre (24-hour advance reservation required)	Zumba Fitness Centre	Step Class Fitness Centre (24-hour advance reservation required)
5 PM - 5.45 PM	Mobility Training Fitness Centre	Aerial Yoga Fitness Centre (24-hour advance reservation required)	Sunset Yoga Unity Garden
5 PM - 6 PM	Social Petanque Middle Beach	Social Beach Tennis North Beach	Social Beach Volley North Beach
DINNER HIGHLIGHTS	**Sundowner Drinks at The Bar (11 AM - 11 PM)	**Sundowner Drinks at Sky Bar (5 PM - 11 PM)	**Sundowner Drinks at Cascade Lounge (10 AM - 10 PM)
	Live Entertainment at The Bar (every Tuesday to Sunday) (8 PM - 9.45 PM)		
	**Table8 "Chinese Buffet & A la Carte Menu" (Buffet is available Friday - Sunday)	**Edogin "Teppanyaki Buffet & A la Carte Menu" (Buffet is available Friday - Sunday)	**Soleil "A la Carte Menu" (Available Daily)
	**Romantic Dinner at Cascade Lounge (48-hour advance reservation required) (Available Daily- based on table availability)	***Romantic Dinner at Living Room Terrace Exclusive for The Mulia & Mulia Villas guests only (Available Daily - based on table availability)	***Romantic Dinner at Oasis for Two Exclusive for The Mulia & Mulia Villas guests only (Available Daily - based on table availability)

**Charges apply
***Charges apply & 24-hour advance reservation required

PARTICIPATION NOTICE

All activities are offered for the enjoyment of in-house guests. Participation is voluntary and at the guest's own risk. Guests with pre-existing medical conditions, injuries, or who are pregnant are advised to seek medical clearance prior to participation and to inform Hotel staff before commencing. Hotel instructors are not qualified medical practitioners. The Hotel, its owners, and staff shall not be liable for injury or loss arising from voluntary participation in activities. Parents and guardians are responsible for the safety and conduct of minors at all times. Schedules and availability are subject to change. Charges apply where indicated. A Guest Activity Participation Form is required prior to joining any activity - available at the Front Desk and Fitness Centre.



Jl. Raya Nusa Dua Selatan, Kawasan Sawangan, Nusa Dua, Bali, Indonesia
T: +62 361 3017777 F: +62 361 3017888 www.themulia.com
TheMuliaBali