

Culture Activities Schedule - March

Daily	10:00a - 10:15a	Introduction to Surfing (Sand demo only)	Beach & Pool
	11:00a - 11:05a	Koi Feeding	Sheraton Waikiki Koi Pond
	6:30p - 9:30p	Live Entertainment <i>*if there is any private event, entertainment will be canceled.</i>	Mai Tai Bar
Monday	8:00a - 9:00a	Yoga Class 🌴 L	Abhasa Spa
	9:00a - 9:45a	Yogaquatics	Sheraton Edge Pool
	10:30a - 11:30a	Hawaiian Quilting	Lurline Lanai
	5:30p - 8:00p	'Aha 'Aina Luau 🌴 🌴 L	Oceanlawn
Tuesday	9:00a - 9:45a	Yogaquatics	Sheraton Edge Pool
	10:30a - 11:30a	Shell/Kukui Nut Bracelet Making	Lurline Lanai
	1:00p - 2:00p	The Royal Hawaiian History Tour	Royal Hawaiian Bakery
	5:00p - 6:00p	Take Care Tuesdays Yoga	Coconut Lanai
Wednesday	8:00a - 8:45a	Yogaquatics	Malulani Pool
	8:00a - 9:00a	Sheraton Waikiki Yoga 🌴 L	Spa Khakara desk at Sheraton Waikiki (1 st floor by elevator)
	4:00p - 5:00p	Beginners Hula 🌴 L	Lurline Lawn
Thursday	8:00a - 9:00a	Yoga Class 🌴 L	Abhasa Spa
	9:00a - 9:45a	Yogaquatics	Sheraton Edge Pool
	10:30a - 11:30a	Lauhala Bracelet Weaving	Lurline Lanai
	1:00p - 2:00p	The Royal Hawaiian History Tour	Royal Hawaiian Bakery
	5:30p - 8:00p	'Aha 'Aina Luau 🌴 🌴 L	Oceanlawn
Friday	6:00am	Hiuwai Morning Ritual <i>(3/2, 3/16, 3/23, 3/30)</i>	Royal Hawaiian Beachfront
	8:00a - 8:45a	Yogaquatics	Malulani Pool
	8:00a - 9:00a	Sheraton Waikiki Yoga 🌴 L	Spa Khakara desk at Sheraton Waikiki (1 st floor by elevator)
	10:30a - 11:30a	Flower Lei Making	Lurline Lanai
	4:00p - 5:00p	Beginners Hula 🌴 L	Lurline Lawn
Saturday	8:00a - 9:00a	Sheraton Waikiki Yoga 🌴 L	Spa Khakara desk at Sheraton Waikiki (1 st floor by elevator)
	9:00a - 9:45a	Yogaquatics	Sheraton Edge Pool
	11:00a - 12:00p	Surfboard Craft Activity	Lurline Lanai
	2:00p - 3:00p	Haku Bracelet Making 🌴 L	Lurline Lanai
Sunday	8:00a - 8:45a	Barefoot Beach Workout	Malulani Pool
	8:00a - 9:00a	Sheraton Waikiki Yoga 🌴 L	Spa Khakara desk at Sheraton Waikiki (1 st floor by elevator)
	9:00a - 9:45a	Yogaquatics	Sheraton Edge Pool

🌴 🌴 Reservation required and additional cost
 🌴 Reservation required
 L Limited availability

Please see the concierge for reservations

Culture Activities Details



Barefoot Beach Workout - Designed to improve strength and endurance, this workout is a mix of cardio & stretching on the sand and at your own pace.

Flower Lei Making - Learn how to make flower lei. You may wear it yourself or give it to someone special.

Hawaiian Quilting - Master Hawaiian quilter, Patricia Murray, will share the beautiful art of quilting and display her fabulous creations.

Huiwai-Morning Ritual - A traditional Hawaiian sunrise ceremony of renewal of mind, body and spirit. It takes place besides the ocean and encourages guests to immerse themselves in the healing waters of Waikiki.

Kukui and Shell Bracelet Making - Enjoy making a kukui nut and shell bracelet as you choose from a collection of colors and shells.

Lauhala Weaving - Learn the art of Lauhala bracelet weaving as you are taught the traditional Hawaiian method.

Surfboard Craft Activity - learning about the history of surfing and board shaping, decorating your own mini board and making your own mini surfer.

The Royal Hawaiian History Tour - Take a tour of The Royal Hawaiian, learn the history of the Pink Palace and hear some fascinating stories.

Waikiki Beach Boys Introduction to Surfing - Learn the basics of Surfing on the sands of Waikiki Beach.

Yogaquatics - Gentle, water-based aerobics class. All fitness levels welcome

Reservation required for following activities

Aha 'Aina, The Royal Hawaiian Luau - Experience delicious island cuisine and an unforgettable show as you travel thru the history of Hawaii thru music, song and dance. There is additional cost.

Beginners Hula - Learn steps of our culture while dancing to some of our islands most beloved songs.

Diamond Head Hike - Take an excursion to one of our islands most popular landmarks. Fitness level, medium.

Haku Bracelet Making - Learn how to weave a bracelet or hair ornament just as the hula dancers at our 'Aha 'Aina Luau and the Mai Tai Bar wear!

Yoga Class provided by Abhasa Spa - Enjoy basic yoga class at Coconut Grove.

Yoga Class provided by Khakala Spa - Enjoy basic yoga class at Helumoa Garden.

Resort Information

Dining

Breakfast	Surf Lanai	6:30a - 11:00a
Lunch	Surf Lanai	11:30a - 2:00p
Dinner	Azure	5:30p - 9:00p
Bar	Mai Tai Bar	10:00a - 11:00p
In room dining	24 hours	Menu is available in room iPad

Pools

Royal Hawaiian Malulani Pool	7:00a - 6:00p
Helumoa Play Ground	8:00a - 8:00p (Shared pool with Sheraton Waikiki Hotel)

If you have any further questions, please let concierge know. Concierge desk is open from 7am to 9pm. Please be advised that subject may be changed.