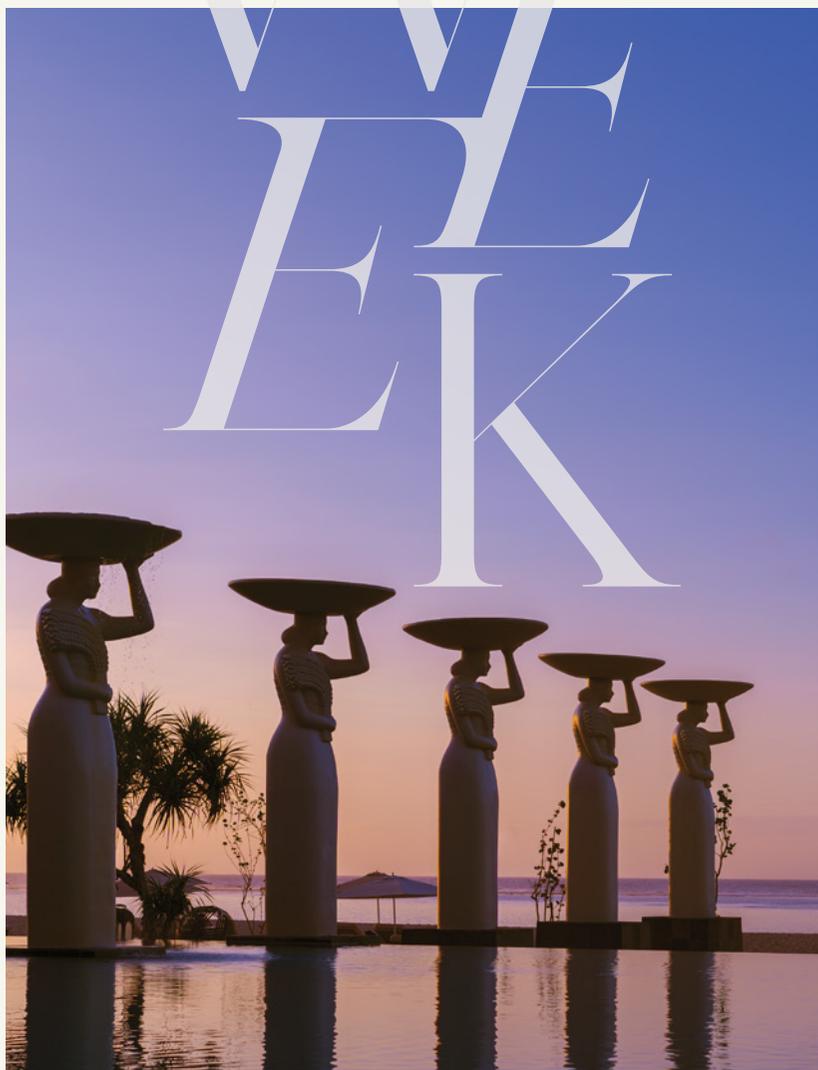


WHAT'S ON THIS

JANUARY 2026

WEEK





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

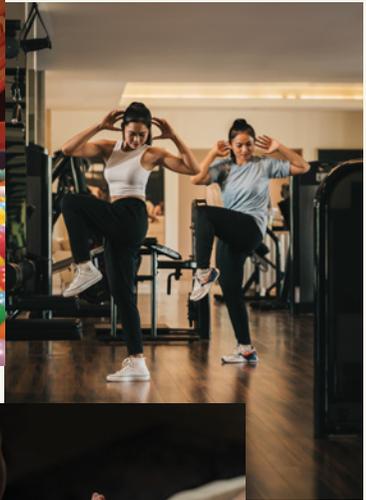
Reinvigorate your body and mind with high-energy fitness sessions, including High-Intensity Interval Training (HIIT) at the Mulia Fitness Centre. Complement your vitality with revitalising spa rituals focusing on the healing benefits of marine-inspired elements, aromatherapy, and techniques designed 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 6 - 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 - Saturday)

CANNELÉ

French Artisanal Pâtisserie
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

SHOPS GALORE

SALTO

Curated fashion, jewellery, souvenirs

Daily from 9 AM - 6 PM

TENNIS & PICKLEBALL COURT

Gear rental and sparring partners are available.

Booking is recommended.

Daily from 6 AM - 8 PM

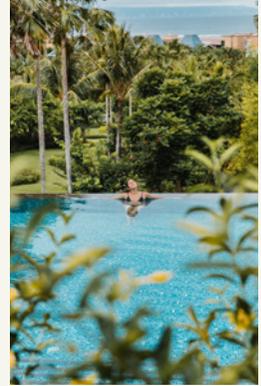
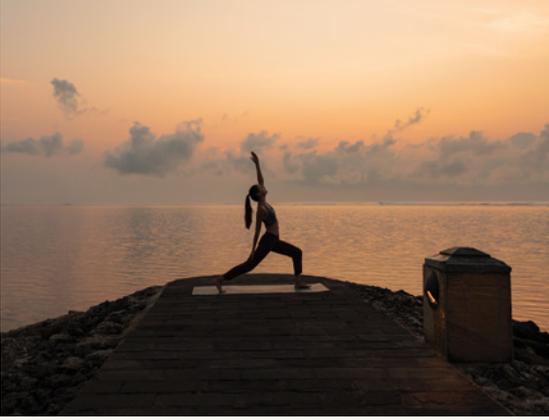
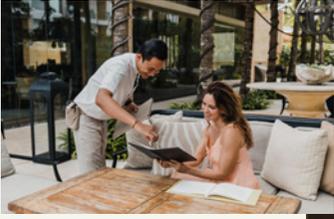
SHOPPING ARCADE

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	Gentle Vinyasa Flow Eden Garden	Yin Yoga Eden Garden	Hatha - Strength & Grace Eden Garden
8.30 AM - 9.15 AM	Cardio Blast Fitness Centre	HIIT 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)	**Cannelé (Upscale Breakfast) (Available Daily 8 AM - 10.30 AM)
ACTIVITIES HIGHLIGHTS (Available to Purchase)	***Private Bonfire on the Beach with toasted Marmalaw 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
	***Creative Escapes Exclusive craft sessions for teens & adults. Explore the art of flower arranging, 3D painting, batik-making, and more. Private and group sessions available. One-day advance booking required. (Available Daily)			
SPORT & WELLNESS HIGHLIGHTS (Available to Purchase)	***Pickleball Hitting Partner & Pickleball Lesson (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)	Limbo, Craft, Paper Flower Making, Balinese Rindik	Fun Dance, Origami, Ball Relay, Treasure Hunt, Angklung Lesson	Build a Tent, Bracelet Making, DIY Paper Flower, Bon Fire, Volley Balloon	Bracelet Making, Limbo, Build Cubby House, Marco Polo Game, Hide & Seek
Mulia KIDZ Explorer (6-12 years old)	Promenade Walk, Talk About Globe, Balinese Experience, Indoor Games, Furoshiki, Blings Bracelet Making, Play Games with Friends, Soccer Table, Mulia Memory Cards Game, Chess Game, DIY Craft, Banana Leaf Wrapping (wall climbing only for children ages 8 to 12)			
10 AM - 10.45 AM	Balinese Dance Class Middle Beach	Write Your Name with Balinese Characters Middle Beach	"Canang" (Balinese Offering) Making Class Middle Beach	Make Your Own "Tridatu" Bracelete 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)	**Hand & Foot Stress Reliever 60 minutes (Available Daily)	**De-stress Journey 120 minutes (Available Daily)	**Mulia Bali Wellness Therapy 150 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	Mat Pilates Fitness Centre	Dancercise Fitness Centre	Trampoline Workout Fitness Centre (24 hours reservation in advance is required)	Kiat Jud Dai Fitness Centre
5 PM - 5.45 PM	Water Sound Therapy (WATSU) Courtyard Pool (24 hours reservation in advance is required)	Aerial Yoga Fitness Centre (24 hours reservation in advance is required)	Sunset Yoga Unity Garden	Stability Ball Stretch Fitness Centre (24 hours reservation in advance is required)
5 PM - 6 PM	Social Beach Soccer North Beach	Social Beach Volley North Beach	Social Beach Tennis North Beach	Social Ping Pong Middle 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)	**Table8 "Chinese A la Carte Menu" (Available Daily)	**Edogin "Teppanyaki Set Menu & A la Carte Menu" (Available Daily)	**Soleil "A la Carte Menu" (Available Daily)
	***Romantic Dinner at Oasis for Two Exclusive for The Mulia & Mulia Villas guests only (Available Daily - based on table availability)	***Romantic Dinner Table for Two (Available Daily - based on table availability)	***Romantic Dinner at Courtyard Pool (Available Daily - based on table availability)	***Korean BBQ at Living Room 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	Restorative Yoga & Meditation Eden Garden	Yoga Balance Flow Eden Garden
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
	***Creative Escapes Exclusive craft sessions for teens & adults. Explore the art of flower arranging, 3D painting, batik-making, and more. Private and group sessions available. One-day advance booking required (Available Daily)		
SPORT & WELLNESS HIGHLIGHTS (Available to Purchase)	***Tennis Hitting Partner & Tennis Lesson (Available Daily) Fitness Centre	***Private Yoga, Aerial Yoga & Sound Therapy (Available Daily) Fitness Centre	**Kids Tennis Academy (Sunday & Thursday) Reserved at Fitness Centre
Mulia KIDZ (3-8 years old)	Fun Dance, Kidz Boot Camp, Paper Cup Stacking, Hop Scotch Game	Canang Sari Making, Keacak Dance, Young Coconut Leaf Creation, Gebogan Making, Balinese Dance	Morning Stretching, Kidz Craft, Build a Cubby House, DIY Paper Flower, Neclace Making, Kidz Boot Camp
Mulia KIDZ Explorer (6-12 years old)	Promenade Walk, Talk About Globe, Balinese Experience, Indoor Games, Furoshiki, Blings Bracelet Making, Play Games with Friends, Soccer Table, Mulia Memory Cards Game, Chess Game, DIY Craft, Banana Leaf Wrapping <small>(wall climbing only for children ages 8 to 12)</small>		
10 AM - 10.45 AM	Balinese Dance Class Middle Beach	"Canang" (Balinese Offering) Making Class Middle Beach	Make Your Own "Tridatu" Bracelete 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 (Available Friday to 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) <small>(last order 30 minutes before closing time)</small>
SPA HIGHLIGHTS	**Firming Phyto Stem Cell Facial 90 minutes (Available Daily)	**Reflexology 30/60 minutes (Available Daily)	**Traditional Hair Crème Bath 60 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 <small>(24 hours reservation in advance is required)</small>	Zumba Fitness Centre	Step Class Beginner Fitness Centre
5 PM - 5.45 PM	Mobility Training Fitness Centre	Aerial Yoga Fitness Centre <small>(24 hours reservation in advance is required)</small>	Sunset Yoga Unity Garden
5 PM - 6 PM	Social Petanque Middle Beach	Social Beach Tennis North Beach	Social Ping Pong Middle 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 <small>(every Tuesday to Sunday) (8 PM - 9.45 PM)</small>		
	**Table8 "Chinese Buffet & A la carte Menu" (Available Friday - Sunday) Buffet dinner available daily until 10 January	**Edogin "Teppanyaki Buffet" (Available Friday - Saturday) Teppanyaki buffet dinner available daily until 10 January	**The Cafe "Live Cooking All You Can Eat" (Available Daily)
	Romantic Dinner at Cascade Lounge (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)	*Full Moon Romantic Dinner by the Beach <small>(based on table availability) (3 January 2026)</small>

**Charges apply

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



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