

THE WKND

EXTENSION



GENTING DREAM, SINGAPORE

22 - 24 NOV 2019

THE WKND ESSENTIALS



DREAM CRUISES
星夢郵輪

ZAUKTM
AT SEA

THE MUST-HAVES



PASSPORT



COPY OF PASSPORT PHOTO PAGE



RE-ENTRY VISA INTO SINGAPORE (FOR NON-SINGAPORE RESIDENTS WHO REQUIRE A VISA TO ENTER SINGAPORE)



CONFIRMATION SLIP/CRUISE TICKET (E-COPY/PRINTED)

RECOMMENDED



YOGA MAT



YOGA STRAPS



THERABANDS



CASH



CREDIT / DEBIT CARD (FOR EASE OF PAYMENT)



DOWNLOAD THE DREAM CRUISES APP TO SKIP PAYMENT QUEUES.



PROHIBITED ITEMS

PLEASE NOTE THAT YOU WILL BE GOING THROUGH SECURITY PROCESSES SIMILAR TO THAT OF AN AIRPORT.



FIREARMS, INCLUDING REPLICAS, IMITATIONS AND THEIR COMPONENTS, AND OTHER PROJECTILE-WEAPON



CROSSBOWS, CROSSBOW BOLTS AND LONG BOW ARROWS



BLUNT WEAPONS INCLUDING KNUCKLE DUSTERS, CLUBS, COSHES, BATONS, FLAILS OR NUNCHAKU



STUN DEVICES OR OTHER ITEMS MADE OR INTENDED FOR USE AS AN OFFENSIVE WEAPON



FLAMMABLE OR EXPLOSIVE MATERIALS



PRESSURIZED VESSELS INCLUDING DIVE TANKS, PROPANE TANKS AND AEROSOL CANS



SHARP OBJECTS



HEATING DEVICES INCLUDING IMMERSION HEATERS, HEATING BLANKETS, FLAT IRONS, WATER HEATERS, COFFEE MACHINES WITH HEATING / HOT PLATES, HAIR DRYERS, HAIR STRAIGHTENERS, ETC.



SATELLITE PHONES, LASERS AND LASER POINTERS



REMOTELY CONTROLLED OR AUTONOMOUSLY FLYING DEVICES, TOYS OR DRONES



SELF-BALANCING HOVER BOARDS, AIR WHEELS, SCOOTERS, OR SEGWAYS



DREAM CRUISES
星夢郵輪



CHECK-IN

REMINDER

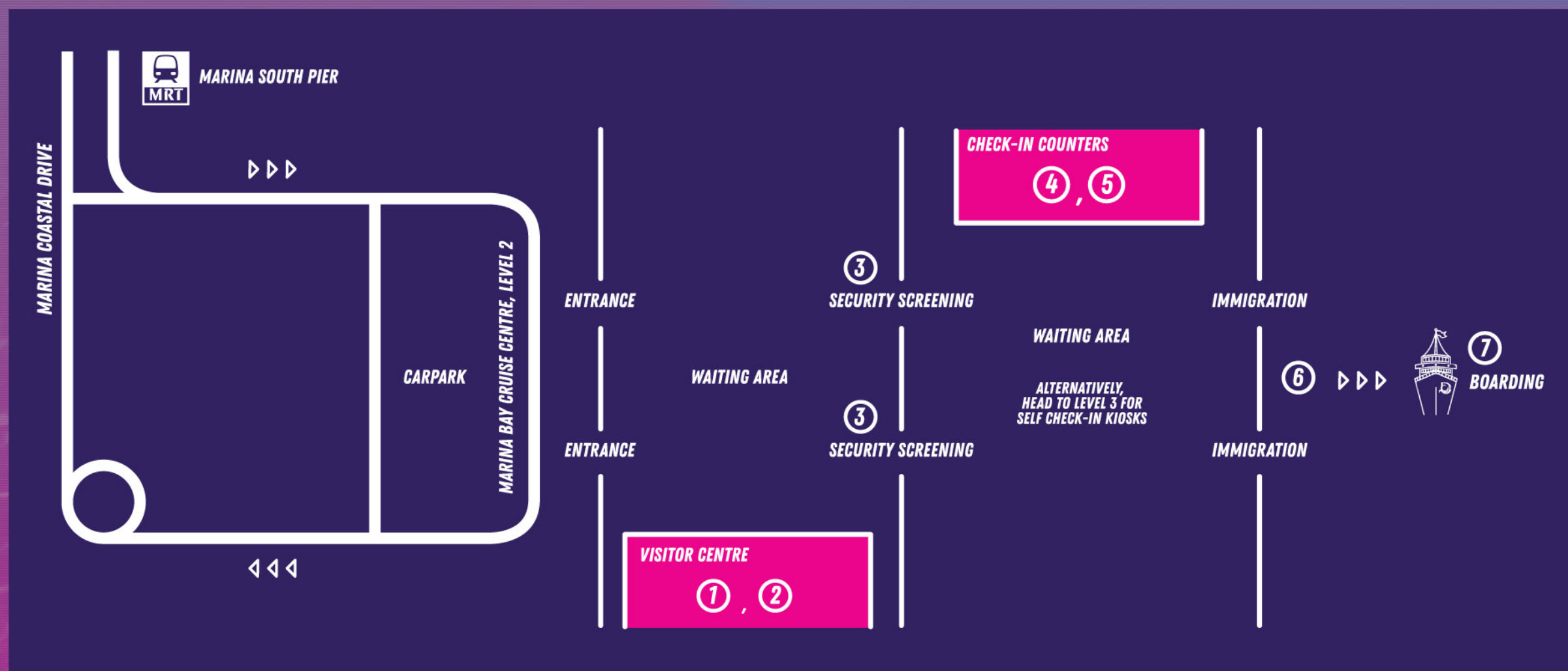


ARRIVE EARLY



BE PATIENT AND FOLLOW GROUND STAFF INSTRUCTIONS TO ENSURE SMOOTH AND ORDERLY EMBARKATION AS THERE WILL BE CLOSE TO 3,000-4,000 REGULAR CRUISE GUESTS BOARDING AT THE SAME TIME

- 1 HEAD TO THE VISITOR CENTER (ON THE RIGHT FACING THE ENTRANCE AT DROP OFF), LOOK FOR OUR BANNER "THE WKND" (5:30PM - 7:00PM)
- 2 REGISTER AND COLLECT YOUR THE WKND WELCOME PACK
- 3 GO THROUGH SECURITY SCREENING
- 4 CHECK IN (FOLLOW MBCCS STAFF'S INSTRUCTIONS FOR DIRECTIONS TO THE CHECK-IN COUNTERS)
- 5 RECEIVE YOUR CABIN KEY CARD
- 6 PROCEED TO CLEAR IMMIGRATION
- 7 EMBARK THE SHIP (EMBARKATION CLOSSES AT 7.30PM SHARP)



DROP OFF POINT: MARINA BAY CRUISE CENTRE, LEVEL 2



DREAM CRUISES
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ZAUKTM
AT SEA

KEY INFORMATION

SHIP EMBARKATION



61 MARINA COASTAL DR, SINGAPORE 018947

WELCOME PACK COLLECTION



DATE & TIME : 22 NOVEMBER 2019 FROM 1800 - 1900



**LOCATION : THE WKND F!T EDITION HOSPITALITY DESK @ MBCCS VISITOR CENTRE
(ON THE RIGHT FACING THE ENTRANCE)**



**PLEASE BRING A COPY OF YOUR CONFIRMATION SLIP / CRUISE TICKET (E-COPY / PRINTED)
FOR VERIFICATION PURPOSES**



**FOR ENQUIRIES, DO CONTACT US VIA EMAIL AT ASK@ZOUKATSEA.ASIA
OR FACEBOOK MESSENGER AT [HTTP://M.ME/ZOUKATSEA](http://m.me/zoukatsea)**



**PLEASE NOTE THAT THE SHIP CHARGES AN 18% SERVICE CHARGE FOR TRANSACTIONS
MADE ON-BOARD INCLUDING BUT NOT LIMITED TO FOOD & BEVERAGES AND SPA.
THIS 18% SERVICE CHARGE CANNOT BE OFFSET BY YOUR F&B CREDITS.**



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KEY INFORMATION



[IMPORTANT] ALL SCHEDULE AND SHIP TIMING ARE ACCORDING TO SINGAPORE TIME. YOUR PHONE WITH AUTO DATE & TIME DETECTION SETTING MAY CHANGE TO INDONESIA TIME (1 HOUR BEHIND). THIS IS ESPECIALLY IMPORTANT IF YOU'RE PLANNING TO DISEMBARK IN BINTAN.



DOWNLOAD THE DREAM CRUISES APP TO SKIP PAYMENT QUEUES - WE ALSO RECOMMEND SETTling YOUR BILLS VIA THE APP ONLY ON **SUNDAY MORNING** AS YOUR SPEND AND CREDITS WILL BE TALLIED BY THE SHIP ON SATURDAY NIGHT.



BINTAN DISEMBARKATION IS CHARGEABLE: SGD32 PER GUEST FOR A RETURN TENDER BOAT TRIP (LIMITED SPOTS), PLEASE MAKE YOUR BOOKINGS DIRECTLY AT THE BOX OFFICE, DECK 6 AS SOON AS YOU BOARD ON FRIDAY. YOUR F&B CREDITS CANNOT BE USED TO OFFSET THESE CHARGES.



PLEASE NOTE THAT THE SHIP CHARGES AN **18% SERVICE CHARGE** FOR TRANSACTIONS MADE ON-BOARD INCLUDING BUT NOT LIMITED TO FOOD & BEVERAGES AND SPA. THIS 18% SERVICE CHARGE CANNOT BE OFFSET BY YOUR F&B CREDITS.



NOTE THAT THE SHIP WILL COLLECT AND STORE YOUR PASSPORT UPON EMBARKATION FOR IMMIGRATION PURPOSES - YOU WILL BE ENTERING INDONESIAN WATERS. PLEASE ALSO ENSURE (IF REQUIRED) THAT YOU HAVE THE NECESSARY VISAS AND RE-ENTRY PERMITS TO BOTH INDONESIA AND SINGAPORE.



PLEASE REMEMBER TO COLLECT YOUR PASSPORTS BEFORE DISEMBARKING THE SHIP, THERE WILL BE ANNOUNCEMENTS MADE SUNDAY MORNING AND AN INFO SLIP DISTRIBUTED TO YOUR CABIN ON WHERE TO COLLECT THEM.



DREAM CRUISES
星夢郵輪



THE ITINERARY

DAY 1 FRIDAY

6.00PM
TO
7.00PM **CHECK-IN**
📍 MARINA BAY CRUISE CENTRE

7.30PM THE WKND SUNSET ROAST (BBQ)
TO / MEET YOUR INSTRUCTORS
10.00PM 📍 ZOUK BEACH, DECK 17 AFT

9.00PM **SHIP DEPARTS**

10.00PM BEER YOGA
TO WITH BRANDON
11.00PM 📍 ZOUK BEACH, DECK 17 AFT

DAY 2 SATURDAY

8.00AM **SHIP ARRIVES
IN BINTAN**

8.00AM FLOW / STRETCH -
TO CRUISE & FLOW WITH WANY
9.00AM 📍 ZOUK BEACH, DECK 17 AFT

5.00PM HIIT - ADRENALINE RUSH
TO WITH JASMINE AND GEORGE
6.00PM 📍 ZOUK BEACH, DECK 17 AFT

6.00PM **ZOUK BEACH
SUNSET PARTY**
TO
7.00PM 📍 ZOUK BEACH, DECK 17 AFT

7.00PM **HEINEKEN EVENT
(FUN & GAMES)**
TO
9.00PM 📍 ZOUK BEACH, DECK 17 AFT

9.00PM **SHIP DEPARTS BINTAN**

10.00PM MOVE - GET JIGGY WITH
TO WANY, JASMINE AND GEORGE
11.00PM 📍 ZOUK BEACH, DECK 17 AFT

11.00PM THE WKND RECHARGE
TO FOAM PARTY
12.30AM 📍 ZOUK BEACH, DECK 17 AFT

DAY 3 SUNDAY

9.00AM YOGA - SUNRISE FLOW &
TO RESTORE WITH BRANDON
10.00AM 📍 ZOUK BEACH, DECK 17 AFT

10.00AM **SHIP ARRIVES IN
SINGAPORE**
📍 MARINA BAY CRUISE CENTRE

12.00PM **ALL GUESTS TO DISEMBARK**

POOR WEATHER PLAN

IN THE EVENT OF RAIN OR THUNDERSTORMS,
THE CLASSES WILL BE MOVED TO THE LOCATIONS
STATED IN THIS SCHEDULE.

DAY 1 FRIDAY

DAY 2 SATURDAY

DAY 3 SUNDAY

8.00AM
TO
9.00AM
**FLOW / STRETCH -
CRUISE & FLOW WITH WANY**
📍 ZOUK CLUB, DECK 17 AFT

5.00PM
TO
6.00PM
**HIIT - ADRENALINE RUSH
WITH JASMINE AND GEORGE**
📍 ZOUK CLUB, DECK 17 AFT

6.00PM
TO
7.00PM
**ZOUK BEACH
SUNSET PARTY**
📍 ZOUK CLUB, DECK 17 AFT

9.00AM
TO
10.00AM
**YOGA - SUNRISE FLOW &
RESTORE WITH BRANDON**
📍 ZOUK CLUB, DECK 17 AFT

7.30PM
TO
10.00PM
**THE WKND SUNSET ROAST (BBQ)
/ MEET YOUR INSTRUCTORS**
📍 ZOUK CLUB, DECK 17 AFT

10.00PM
TO
11.00PM
**BEER YOGA
WITH BRANDON**
📍 ZOUK CLUB, DECK 17 AFT

10.00PM
TO
11.00PM
**MOVE - GET JIGGY WITH
WANY, JASMINE AND GEORGE**
📍 ZOUK CLUB, DECK 17 AFT

11.00PM
TO
12.30AM
**THE WKND RECHARGE
FOAM PARTY**
📍 ZOUK CLUB, DECK 17 AFT



DREAM CRUISES
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ZOUK™
AT SEA

ACTIVITY DESCRIPTIONS

ADRENALINE RUSH

JOIN THIS HIIT CLASS TO DESTRESS AND STIMULATE YOUR HAPPY HORMONES! THE SESSION WILL FOCUS ON FUNCTIONAL TRAINING, ALTERNATING WITH INTENSE BURSTS OF ACTIVITY - ALL TO POWERFUL MUSIC BEATS. BE PREPARED TO CHALLENGE AND PUSH YOURSELF, SO COME ARMED WITH LOTS OF POSITIVE VIBES AND ENERGY TO MEET NEW PEOPLE AND GET IN A GOOD SWEAT!

CRUISE & FLOW

START THE DAY LIGHT WITH A NICE FLOW OF PILATES MOVEMENTS TO STRETCH AND INVIGORATE YOUR BODY. THINK RECOVERY THROUGH LENGTHENING, WHILST STRENGTHENING YOUR CORE. HANGOVERS - BE GONE! ALL LEVELS ARE WELCOME. P.S: YOU DON'T NEED FLEXIBILITY IN THIS CLASS; WE'LL WORK WITH WHERE YOU ARE IN YOUR CAPACITY!

BEER YOGA

WIND DOWN YOUR EVENING WITH A DYNAMIC AND CHEEKY BEER YOGA PRACTICE. BE CHALLENGED WITH FUN POSES WHILE STILL HAVING YOUR DRINKS, AND BASK IN THE MUSIC OF THE NIGHT IN THIS SESSION. WE PROMISE YOU'LL NOT ONLY HAVE A GOOD DRINK AND MOVEMENT SESSION, BUT ALSO LOTS OF LAUGHS AND GOOD VIBES.

GET JIGGY

IT'S ALL ABOUT YOUR MOVES. TIME TO LOOSEN UP WITH FUN EXERCISES THAT WILL SLOWLY BUILD UP TO GET YOUR HEART PUMPING. COME GET JIGGY WITH YOUR FRIENDS - OLD & NEW.



DREAM CRUISES
星夢郵輪



AT SEA

ACTIVITY DESCRIPTIONS

SUNRISE FLOW & RESTORE

WAKE UP AND MOVE TO THE CURATED TONES AS WE TAKE YOU THROUGH AN INVIGORATING SESSION WHICH INCORPORATES FLOW AND MOVEMENT. SOAK UP THE MORNING RAYS WITH A SLOWER, MORE MINDFUL RESTORE SEQUENCE IN WHICH WE PROMISE YOU WILL KICKSTART YOUR DAY WITH POSITIVE GOOD VIBES ONLY.

THE WKND ROAST

START OFF YOUR WKND WITH SO GOOD VIBES AT THIS BARBECUE PARTY AT ZOUK BEACH CLUB, WHERE YOU'LL GET TO MEET AND KNOW YOUR FELLOW WKNDERS AND FITNESS INSTRUCTORS. THERE WILL ALSO BE MUSIC BY OUR VERY OWN WKND DJs, JOZY AND LYN WHO WILL BE PLAYING SOME HOUSE AND POP TUNES. SO COME FEAST, LOUNGE, DANCE, AND CONNECT.

ZOUK BEACH SUNSET PARTY

IF YOU LOVE SUNSETS AND TROPICAL HOUSE, THIS IS THE PLACE TO BE. COME LIE ON OUR DAY BEDS, SOAK IN THE SUN, JUMP IN OUR JACUZZI AND SIP ON SOME COCKTAILS AS YOU LAY EYES ON ONE OF THE BEST SUNSET VIEWS THERE WILL EVER BE.

THE WKND RECHARGE FOAM PARTY

GO ALL OUT ON YOUR FINAL NIGHT AT SEA AS WE BRING OUT BIG ROOM SOUNDS AND OUR (RIDICULOUSLY) HUGE FOAM MACHINES AS WE TRANSFORM ZOUK BEACH INTO A FOAM FILLED WONDERLAND.

WHAT TO DO ON-BOARD

GO GLOW BOWLING AT ZOUK CLUB



RELIVE YOUR INNER CHILD



GET PAMPERED



CATCH THE SUNSET / SUNRISE AT ZOUK BEACH



UNLEASH THE BEYONCE IN YOU



EAT HEALTHY

