



THE WKND

FIT EDITION



GENTING DREAM, SINGAPORE

13 - 15 DEC 2019

THE WKND ESSENTIALS



DREAM CRUISES
星夢郵輪



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.



Download on the
App Store



ANDROID APP ON
Google Play



DREAM CRUISES
星夢郵輪



AT SEA

WELCOME PACK COLLECTION



DATE & TIME : 13 DECEMBER 2019 FROM 1800 – 1900



**LOCATION : THE WKND FIT 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.**



DREAM CRUISES
星夢郵輪



CHECK-IN

SHIP EMBARKATION



**61 MARINA COASTAL DR,
SINGAPORE 018947**

REMINDER

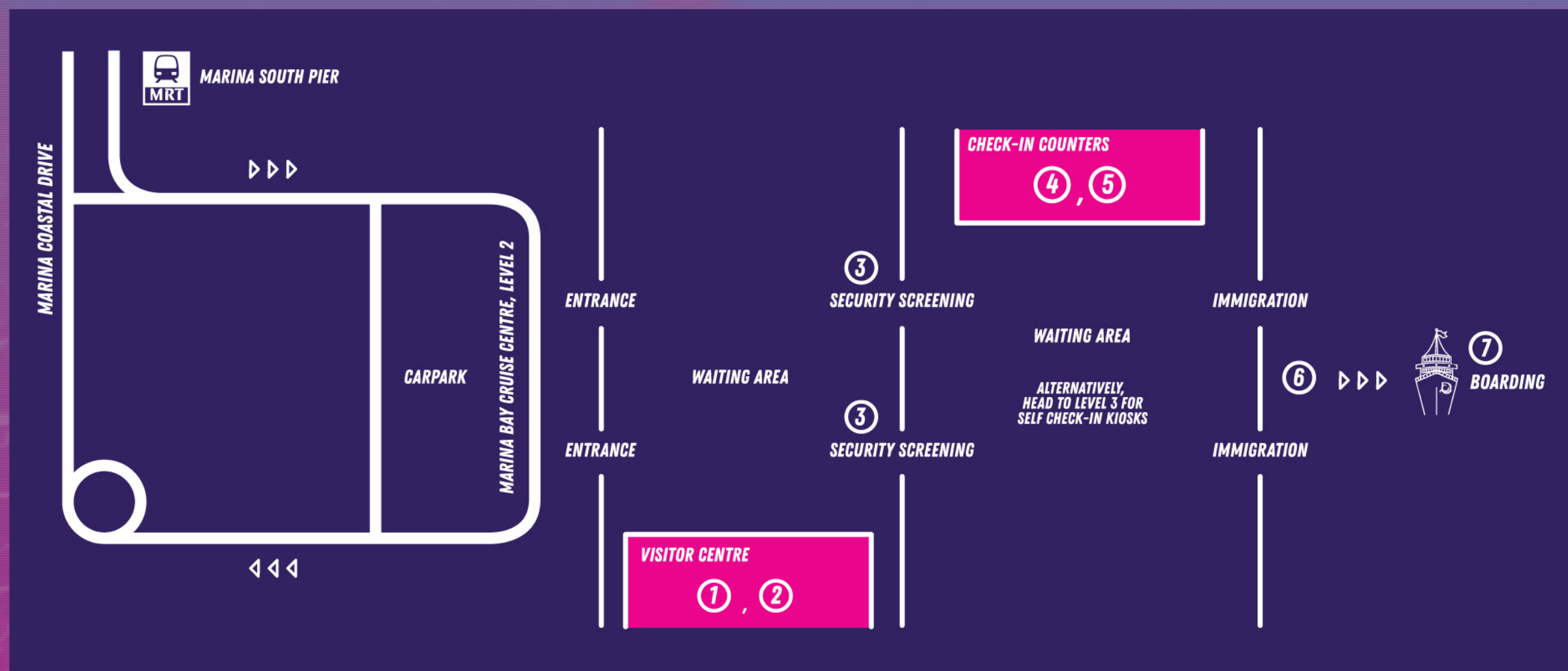


ARRIVE EARLY



**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
星夢郵輪

ZAUK
AT SEA

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



AT SEA

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



AT SEA

THE ITINERARY

DAY 1 FRIDAY

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

9.00PM **SHIP DEPARTS**

10.00PM
TO
11.00PM **MOVE - RAVE WITH
CHLOE AND BARBARA**
📍 ZOUK BEACH, DECK 17 AFT

11.00PM
TO
11.30PM **THE WKND GATHERING
POWERED BY DESGX**
📍 ZOUK CLUB, DECK 17 AFT

11.00PM
TO
2.00AM **CRUISE CONTROL
WITH JOZY & LYN**
📍 ZOUK CLUB, DECK 17 AFT

DAY 2 SATURDAY

8.00AM **SHIP ARRIVES
IN BINTAN**

8.00AM
TO
9.00AM **FLOW / STRETCH - CRUISE & CHILL
WITH CHLOE AND JESSE**
📍 ZOUK BEACH, DECK 17 AFT

9.00AM
TO
10.00AM **GROUP BREAKFAST**
📍 LIDO, DECK 16 AFT

11.00AM
TO
12.00PM **MOVE / HIIT - MOVE YOUR
BUDDY WITH JESSE AND JIA EN**
📍 ZOUK BEACH, DECK 17 AFT

5.00PM
TO
6.00PM **BOX - FIGHT CLUB
WITH BARBARA**
📍 ZOUK BEACH, DECK 17 AFT

6.00PM
TO
7.30PM **THE WKND SUNSET
FOAM PARTY**
📍 ZOUK BEACH, DECK 17 AFT

10.00PM **SHIP DEPARTS BINTAN**

11.00PM
TO
2.00AM **ONE LAST DANCE
WITH JOZY & LYN**
📍 ZOUK CLUB, DECK 17 AFT

DAY 3 SUNDAY

8.30AM
TO
9.30AM **MOVE / BARRE - WEBARRE
SIGNATURE - SWEAT BUDDY
EDITION WITH JIA EN**
📍 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

10.00PM
TO
11.00PM
**MOVE - RAVE WITH
CHLOE AND BARBARA**
📍 ZOUK CLUB, DECK 17 AFT

DAY 2 SATURDAY

8.00AM
TO
9.00AM
**FLOW / STRETCH - CRUISE & CHILL
WITH CHLOE AND JESSE**
📍 ZOUK CLUB, DECK 17 AFT

11.00AM
TO
12.00PM
**MOVE / HIIT - MOVE YOUR
BUDDY WITH JESSE AND JIA EN**
📍 ZOUK CLUB, DECK 17 AFT

5.00PM
TO
6.00PM
**BOX - FIGHT CLUB
WITH BARBARA**
📍 ZOUK CLUB, DECK 17 AFT

6.00PM
TO
7.30PM
**THE WKND SUNSET
FOAM PARTY**
📍 ZOUK CLUB, DECK 17 AFT

DAY 3 SUNDAY

8.30AM
TO
9.30AM
**MOVE / BARRE - WEBARRE
SIGNATURE - SWEAT BUDDY
EDITION WITH JIA EN**
📍 ZOUK CLUB, DECK 17 AFT



DREAM CRUISES
星夢郵輪

ZOUK™
AT SEA

ACTIVITY DESCRIPTIONS

RAVE

AN 'ARMS IN THE AIR LIKE YOU JUST DON'T CARE' KIND OF VIBE, WITH NON-STOP CARDIO TO GET YOUR HEART RACING! 45 MINUTES OF NON-STOP DANCE PARTY. THINK OF IT LIKE HITTING THE DANCE FLOOR WITH YOUR BEST MATES AT A FESTIVAL, OR IN A CLUB - JUST DISGUISED AS A WORKOUT. PREPARE TO LEAVE DRIPPING IN SWEAT AND EXTREMELY EXHILARATED WITH ALL OF THE GOOD VIBES...READY FOR THE NIGHT AHEAD!

CRUISE & CHILL

START THE DAY LIGHT WITH A NICE FLOW OF PILATES AND MOBILITY-INSPIRED MOVEMENTS TO STRETCH AND INVIGORATE YOUR BODY. THINK RECOVERY THROUGH MOVING, WHILST TONING AND STRENGTHENING YOUR BODY. 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!

FIGHT CLUB

IT'S TIME TO BRING THE HEAT AND FEEL THE BURN! TIME TO TRAIN LIKE A FIGHTER, WITHOUT THE DANGER OF DAMAGING YOUR MONEY MAKER. GRAB A BUDDY, PACK A PUNCH AND LEARN HOW TO SLIP AND WEAVE YOUR RESPONSIBILITIES FOR THE WEEKEND SO YOU CAN FOCUS ON HAVING THE BEST WEEKEND AT SEA.

MOVE YOUR BUDDY

PARTNER WORK WITH A PURPOSE THAT ALLOWS YOU TO MAXIMISE YOUR MOVEMENTS WITH THE HELP OF THOSE AROUND YOU. THIS SESSION WILL HELP DEVELOP CORE STRENGTH AND STABILITY THAT CAN TRANSLATE INTO BETTER PERFORMANCE IN ALL AREAS OF LIFE - FROM CARRYING A HEAVY LOAD OF LUGGAGE TO GETTING OUT AND DOMINATING YOUR WEEKEND SPORTS. WITH A COMBINATION OF CORE WORK, JOINT MOBILIZATION, AND HIIT, WE WILL WORK TO DEVELOP AGILITY, STRENGTH AND STAMINA. ALL MOVEMENTS WILL HAVE THE ADDED BENEFIT OF A COORDINATED EFFORT WITH A #SWEATBUDDY. GET IN A GOOD SWEAT AND MEET NEW PEOPLE!

ACTIVITY DESCRIPTIONS

WEBARRE – SWEATBUDDY EDITION

GRAB YOUR SWEATBUDDY AND JOIN US IN THIS SPECIAL PARTNER'S EDITION, BECAUSE #FRIENDSWHOSWEATTOGETHERSTAYTOGETHER. EXPERIENCE THE BEST OF WHAT WEBARRE HAS TO OFFER IN A 60MINS MEGA-SESSION THAT INCLUDES YOUR SIGNATURE BARRE MOVES, HIIT AND AN EXTENDED STRETCH TO LENGTHEN OUT ALL THOSE TIGHT MUSCLES – DONE WITH YOUR BUDDY! BRING ALONG YOUR SWEATBUDDY, BOYFRIEND OR PARTNER-IN-CRIME AND GET #STRONGERTOGETHER IN THIS ENERGY-FILLED FULL-BODY WORKOUT – WE PROMISE YOU'LL BOTH HAVE A BALL.

THE WKND GATHERING POWERED BY DESGX

GET TO KNOW YOUR FELLOW PARTICIPANTS AND INSTRUCTORS OVER BOWLING AT THIS SOCIAL NETWORKING SESSION HOSTED BY DRINK ENTREPRENEURS

THE WKND SUNSET FOAM PARTY

IF YOU LOVE SUNSETS AND TROPICAL HOUSE, THIS IS THE PLACE TO BE AS WE CONVERT ZOUK BEACH INTO A FOAM FILLED PARADISE. COME SIP ON SOME COCKTAILS, LIE ON OUR DAY BEDS AND SOAK IN THE SUN AND FOAM, AS YOU LAY EYES ON ONE OF THE BEST SUNSET VIEWS THERE WILL EVER BE.

CRUISE CONTROL / ONE LAST DANCE

LET LOOSE AT NIGHT AS WE BRING OUT BIG ROOM SOUNDS FROM OUR VERY ONE JOZY AND LYN AT ZOUK CLUB WHICH ALSO FEATURES A SOCIAL LOUNGE COMPLETE WITH BOWLING ALLEYS, BEER PONG, POOL TABLES AND EVEN A VIRTUAL REALITY EXPERIENCE.

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

