

# THE WKND

FIT EDITION



GENTING DREAM, SINGAPORE

17 - 19 JAN 2020

# THE WKND ESSENTIALS



# THE MUST-HAVES



**PASSPORT**



**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



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AT SEA



# WELCOME PACK COLLECTION



**DATE & TIME : 17 JANUARY 2020 FROM 2030 - 2200**



**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](mailto: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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# CHECK-IN

## SHIP EMBARKATION



**61 MARINA COASTAL DR,  
SINGAPORE 018947**

## REMINDER

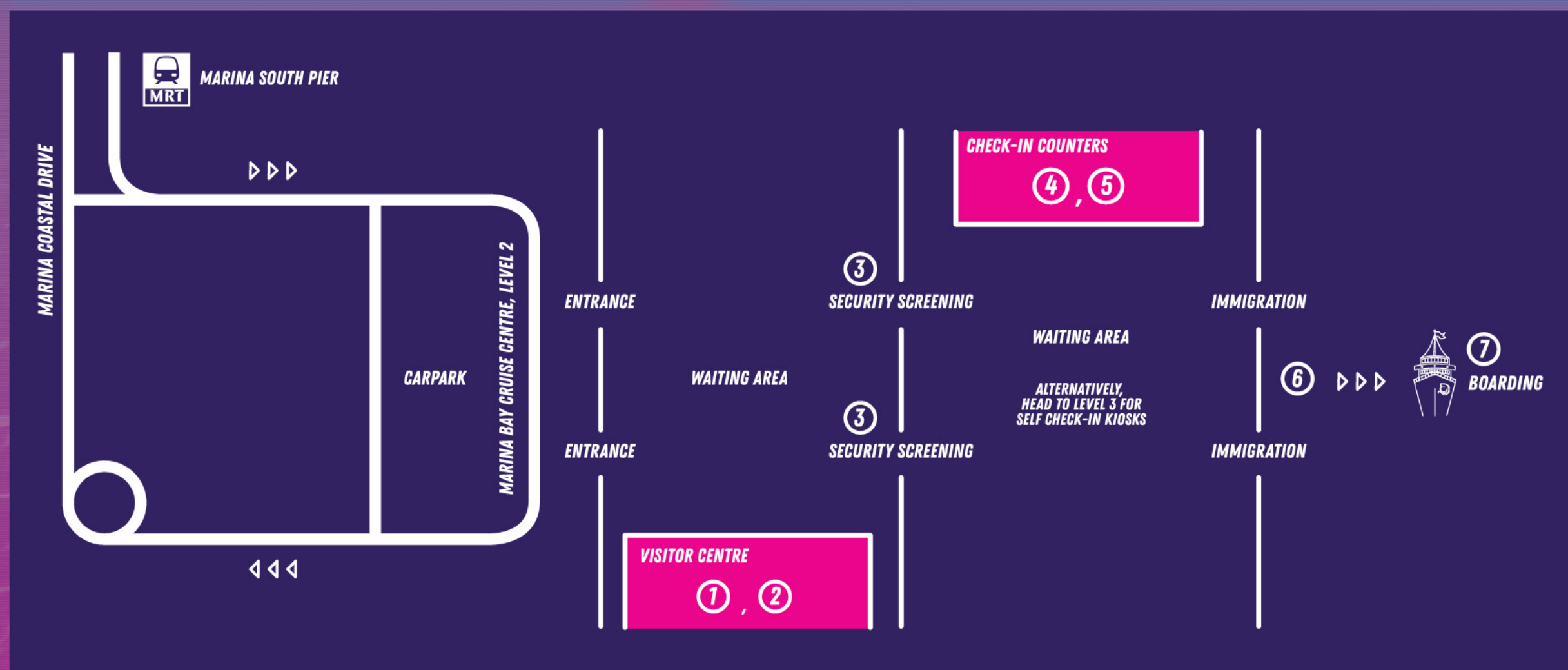


**ARRIVE EARLY**



**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" (9:00PM - 10:00PM)**
- 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 10.30PM SHARP)**



**DROP OFF POINT: MARINA BAY CRUISE CENTRE, LEVEL 2**



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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.



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# 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**



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# THE ITINERARY

## DAY 1 FRIDAY

9.00PM  
TO  
10.00PM **WELCOME PACK  
COLLECTION**  
📍 MARINA BAY CRUISE CENTRE

9.30PM  
TO  
10.30PM **CHECK-IN**  
📍 MARINA BAY CRUISE CENTRE

11.00PM  
TO  
12.00AM **MOVE - RAVE & MINGLE  
WITH ADELENE AND WANY**  
📍 ZOUK BEACH, DECK 17 AFT

12.00AM **SHIP DEPARTS**

12.00AM  
TO  
2.00AM **CRUISE CONTROL  
WITH LYN**  
📍 ZOUK CLUB, DECK 17 AFT

## DAY 2 SATURDAY

8.00AM **SHIP ARRIVES  
IN BINTAN**

8.30AM  
TO  
9.30AM **GROUP BREAKFAST  
// CONNECT**  
📍 LIDO, DECK 16 AFT

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

5.00PM  
TO  
6.00PM **YOGA - BEER YOGA  
WITH RACHEL**  
📍 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 LYN**  
📍 ZOUK CLUB, DECK 17 AFT

## DAY 3 SUNDAY

8.30AM  
TO  
9.30AM **MOVE - WOD AT SEA  
WITH AIDAN**  
📍 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

11.00PM  
TO  
12.00AM  
**MOVE - RAVE & MINGLE  
WITH ADELENE AND WANY**  
📍 ZOUK CLUB, DECK 17 AFT

12.00AM  
TO  
2.00AM  
**CRUISE CONTROL  
WITH LYN**  
📍 ZOUK CLUB, DECK 17 AFT

## DAY 2 SATURDAY

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

5.00PM  
TO  
6.00PM  
**YOGA - BEER YOGA  
WITH RACHEL**  
📍 ZOUK CLUB, DECK 17 AFT

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

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

## DAY 3 SUNDAY

8.30AM  
TO  
9.30AM  
**MOVE - WOD AT SEA  
WITH AIDAN**  
📍 ZOUK CLUB, DECK 17 AFT



# ACTIVITY DESCRIPTIONS

## **RAVE & MINGLE**

**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!**

**COME MEET FELLOW WEEKENDERS OVER SWEAT & DRINKS - HOSTED BY BROCCOLI & DUMBBELLS.**

## **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. JOIN THIS 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. ALL MOVEMENTS WILL HAVE THE ADDED FUN OF A COORDINATED EFFORT WITH A #SWEATBUDDY. GET IN A GOOD SWEAT AND MEET NEW PEOPLE!**

## **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.**



# ACTIVITY DESCRIPTIONS

## **WOD AT SEA**

*A CHANCE TO GET YOUR WORKOUT OF THE DAY (WOD) ONBOARD. A CHANCE TO EXPERIENCE CROSSFIT IN A FUN WAY AND GET YOUR SWEAT ON. CROSSFIT IS NOT JUST FOR THE MUSCLE HEADS ON TV AS EVERY WORKOUT CAN BE MODIFIED OR ALTERED TO GIVE YOU THE BEST WORKOUT OF YOUR LIFE. ALL FITNESS LEVELS WELCOMED FROM BEGINNER TO THE MOST FITSPO PERSON YOU KNOW.*

## **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 OWN DJ 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**

