



THE WKND

FIT EDITION



GENTING DREAM, SINGAPORE

14 - 16 FEB 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



DREAM CRUISES
星夢郵輪

SAUK™
AT SEA

WELCOME PACK COLLECTION



DATE & TIME : 14 FEBRUARY 2020 FROM 1700 - 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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ZOUKA
AT SEA

CHECK-IN

SHIP EMBARKATION



**61 MARINA COASTAL DR,
SINGAPORE 018947**

REMINDER

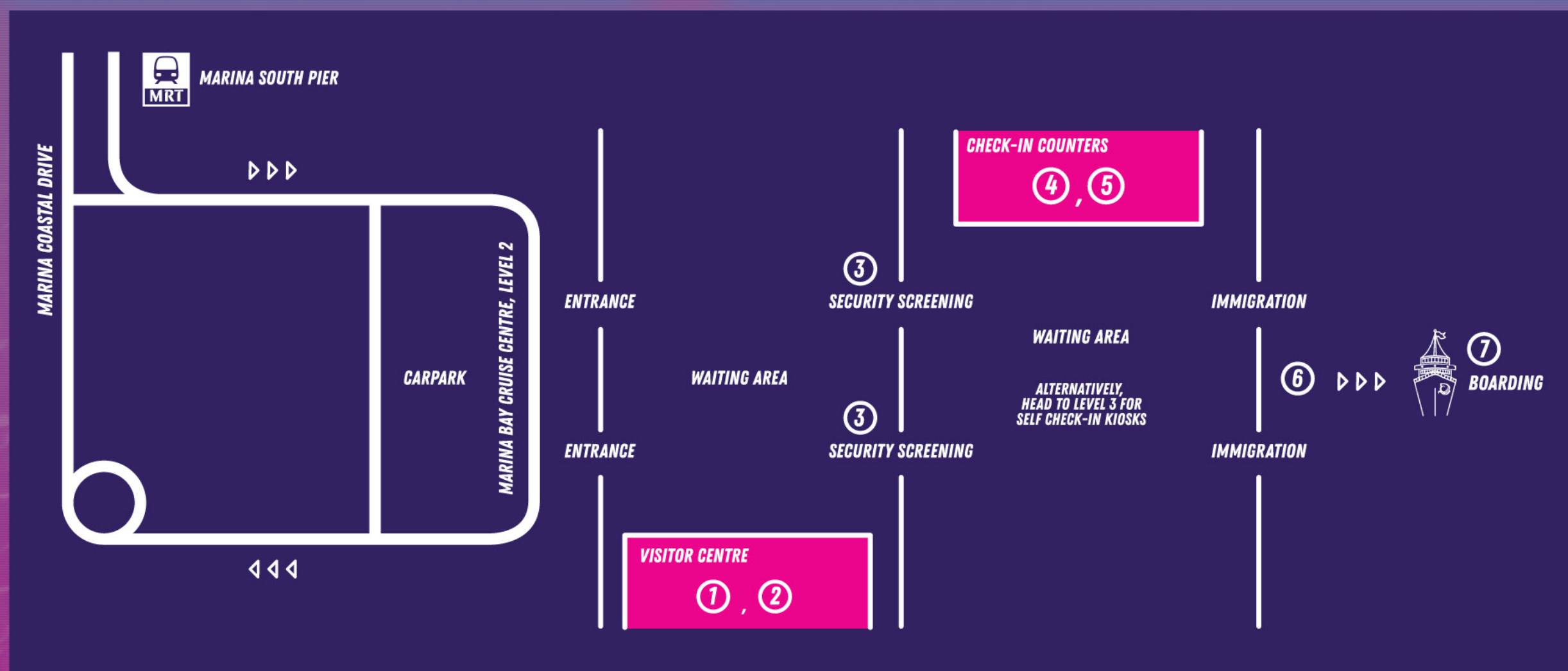


ARRIVE EARLY



**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" (5:00PM - 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 CLOSES AT 7.30PM SHARP)**



DROP OFF POINT: MARINA BAY CRUISE CENTRE, LEVEL 2



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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.



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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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AT SEA

THE ITINERARY

DAY 1 FRIDAY

5.00PM **WELCOME PACK COLLECTION
& CHECK-IN**
TO
7.00PM **MARINA BAY CRUISE CENTRE**

9.00PM **SHIP DEPARTS**

10.00PM **MOVE - RAVE & MINGLE
WITH CHLOE AND JESSE**
TO
11.00PM **ZOUK CLUB, DECK 17 AFT**

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

DAY 2 SATURDAY

8.00AM **SHIP ARRIVES
IN BINTAN**

8.30AM **HIIT - MOVE YOUR BUDDY
WITH JESSE, BROCNBELLS.COM**
TO
9.30AM **ZOUK BEACH, DECK 17 AFT**

9.30AM **GROUP BREAKFAST
// CONNECT**
TO
10.00AM **LIDO, DECK 16 AFT**

5.00PM **YOGA - BEER YOGA
WITH BRANDON**
TO
6.00PM **ZOUK BEACH, DECK 17 AFT**

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

10.00PM **SHIP DEPARTS BINTAN**

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

DAY 3 SUNDAY

8.30AM **YOGA - SUNRISE FLOW &
RESTORE WITH BRANDON**
TO
9.30AM **ZOUK BEACH, DECK 17 AFT**

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

12.00PM **ALL GUESTS TO DISEMBARK**



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ZOUKTM
AT SEA

***SCHEDULE MAY BE SUBJECTED TO CHANGE**

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 & MINGLE
WITH CHLOE AND JESSE**
📍 **PALM COURT, DECK 19 AFT**

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

DAY 2 SATURDAY

8.30AM
TO
9.30PM
**HIIT - MOVE YOUR BUDDY
WITH JESSE, BROCNBELLS.COM**
📍 **ZOUK CLUB, DECK 17 AFT**

5.00PM
TO
6.00PM
**YOGA - BEER YOGA
WITH BRANDON**
📍 **PALM COURT, DECK 19 AFT**

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

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

DAY 3 SUNDAY

8.30AM
TO
9.30AM
**YOGA - SUNRISE FLOW &
RESTORE WITH BRANDON**
📍 **ZOUK CLUB, DECK 17 AFT**



DREAM CRUISES
星夢郵輪

ZOUK
AT SEA

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!

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!

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

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 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 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

