

DAILY ACTIVITIES

MONDAY

TAI CHI EXERCISES AT COOL SPA DECK	7-7.45 AM
FREE CONSULTATION & INBODY ANALYSIS AT BDMS WELLNESS CLINIC	1-3 PM
BODY COMBAT AT FITNESS CENTER	2-3 PM
BRACELET MAKING CLASS THB 288++ / PAX AT BABA POOLCLUB	2-3 PM

TUESDAY

HATHA VINYASA YOGA AT STUDIO ROOM THB 500++ / PAX	8-9 AM
KAYAK ISLAND TOUR (MEETING POINT: BEACH POOL)	9-10 AM / 3-4 PM
BASIC THAI BOXING AT FITNESS CENTER	3-4 PM
CONTRAST THERAPY AT COOL SPA	3-4 PM

WEDNESDAY

THAI BOXING AT FITNESS CENTER THB 500++ / PAX	10-11 AM
FREE CONSULTATION & INBODY ANALYSIS AT BDMS WELLNESS CLINIC	1-3 PM
KID YOGA AT STUDIO ROOM	2.30-3 PM
DIY CUPCAKE AT BABA SOUL CAFE	3-4 PM
MOBILITY & FLEXIBILITY AT FITNESS CENTER	3.30-4 PM

THURSDAY

TABATA WORK OUT AT STUDIO ROOM	8-8.45 AM
HERBAL INHALER CLASS AT COOL SPA	2-3 PM
BASIC YOGA AT STUDIO ROOM	3-3.45 PM

FRIDAY

HATHA VINYASA YOGA AT STUDIO ROOM THB 500++ / PAX	8-9 AM
KAYAK ISLAND TOUR (MEETING POINT: BEACH POOL)	9-10 AM / 3-4 PM
FREE CONSULTATION & INBODY ANALYSIS AT BDMS WELLNESS CLINIC	1-3 PM
TURTLE EXPERIENCE AT PHUKET MARINE BIOLOGICAL CENTER	1-1.45 PM
CONTRAST THERAPY AT COOL SPA	3-4 PM

SATURDAY

THE DAILY MILE PLUS (MEETING POINT: TENNIS COURT) Distance: 1.7 km / Calories Burned: 175 / Heart Rate: approx. 104 BPM	7-8 AM
AGILITY & COORDINATION AT STUDIO ROOM	8-8.45 PM
CANVAS PAINTING AT BABA POOLCLUB THB 388++ / PAX	2-3 PM
THAI BOXING AT FITNESS CENTER THB500++ / PAX	3-4 PM

SUNDAY

POWER WALK (MEETING POINT: TENNIS COURT) Distance: 2.33 km / Calories Burned: 215 / Heart Rate: approx. 109 BPM	7-8 AM
BODY STRETCHING AT STUDIO ROOM	8-9 AM
CARDIO DANCE AT STUDIO ROOM	3-3.45 PM

Sri panwa
PHUKET

EVERYDAY *Activity*

Join Trip to the Island

Phi Phi, James Bond Island starts at THB 3,900 / person, 24 hrs. reservation is required

8-10
AM

Cooking Class

At Baba Sunset Lounge

12 & 3
PM

Tennis Class

Upon Request

7 AM
7 PM

Yoga Class

Upon Request

Boxing Class

Upon Request

TERMS & CONDITIONS

- Terms and conditions apply schedules are subject to change without prior notice.
- Maximum 6 persons per activity.
- Maximum 4 persons for contrast therapy activity. Require reservation 1 day in advance.
- Reservations are highly recommended for all activities.
- Please contact our activity team at Baba Poolclub reception by dialing '61' for more information



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@BABABEACHCLUB

