

MONDAY

TAI CHI EXERCISES AT TU BAR	6.30-7 AM
FREE CONSULTATION & INBODY ANALYSIS AT BDMS WELLNESS CLINIC	1-3 PM
BRACELET MAKING CLASS AT BABA POOLCLUB (THB 288++/PAX)	2-3 PM
SUNSET WALK	5-6 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
DIY KEYCHAIN STYLE AT BABA POOLCLUB (THB 288++/PAX)	2-3 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
TAI CHI EXERCISES AT STUDIO ROOM	3.30-4 PM

THURSDAY

SUNRISE YOGA AT TU BAR (THB 500++/PAX)	6.30-7.30 AM
DIY KEYCHAIN STYLE AT BABA POOLCLUB (THB 288++/PAX)	2-3 PM
HERBAL INHALER CLASS AT COOL SPA	2-3 PM
FUNCTIONAL TRAINING AT FITNESS CENTRE	3-3.45 PM

FRIDAY

MOBILITY & FLEXIBILITY AT STUDIO ROOM	8-8.30 AM
FREE CONSULTATION & INBODY ANALYSIS AT BDMS WELLNESS CLINIC	1-3 PM
TURTLE EXPERIENCE AT PHUKET MARINE BIOLOGICAL CENTER	2-3 PM
THAI BOXING AT FITNESS CENTER (THB 500++/PAX)	3-4 PM
CONTRAST THERAPY AT COOL SPA	3-4 PM

SATURDAY

BODY WEIGHT AT STUDIO ROOM	8-8.45 AM
KAYAK ISLAND TOUR (MEETING POINT: BEACH POOL)	9-10 AM 3-4 PM
CANVAS PAINTING AT BABA POOLCLUB THB 288++/PAX	2-3 PM
HATHA YOGA (BASIC) AT STUDIO ROOM	3-3.45 PM

SUNDAY

BODY STRETCHING AT STUDIO ROOM	8-8.45 AM
BRACELET MAKING CLASS AT BABA POOLCLUB (THB 288++/PAX)	2-3 PM
BODY COMBAT AT STUDIO ROOM	3-4 PM
BING SU PASS AROUND AT THE FOREST WATERFALL POOL	3-4 AM

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

YOGA CLASS / BOXING CLASS

UPON REQUEST



@SRIPANWA

@BABABEACHCLUB

TERMS & CONDITIONS

- Terms and conditions apply schedules are subject to change without prior notice.
- Maximum 6 persons per activity.
- Maximum 4 persons for Thermal 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

