

## MONDAY

TABLE TENNIS FOR FUN AT GAME ROOM	9-10 AM
FREE CONSULTATION & INBODY ANALYSIS AT BDMS WELLNESS CLINIC	1-3 PM
BODY COMBAT AT FITNESS CENTER	2-3 PM
BRACELET MAKING CLASS 288++ / PAX AT BABA POOLCLUB	2-3 PM

## TUESDAY

BASIC HATHA VINYASA YOGA AT FITNESS CENTER	8-9 AM
DIY VELVET WIRE DECORATION 288++ / PAX AT BABA POOLCLUB	2-3 PM
BOXING ON THE BEACH	3-4 PM

## WEDNESDAY

TABATA WORKOUT AT FITNESS CENTER	8-8.45 AM
FREE CONSULTATION & INBODY ANALYSIS AT BDMS WELLNESS CLINIC	1-3 PM
KID YOGA AT FITNESS CENTER	2-2.30 PM
DIY CUPCAKE AT BABA SOUL CAFE	3-4 PM
CONTRAST THERAPY MINERAL POOL AT COOL SPA	3-4 PM
MOBILITY & FLEXIBILITY AT FITNESS CENTER	3.30-4 PM

## THURSDAY

THE DAILY MILE PLUS AT TENNIS COURT Distance: 1.7 km / Calories Burned: 175 / Heart Rate: Approx. 104 BPM	7-8 AM
BASIC THAI BOXING AT FITNESS CENTER	10-11 PM
HERBAL INHALER CLASS AT COOL SPA	2-3 PM
CORE WORKOUT AT FITNESS CENTER	3-4 PM

## FRIDAY

POWER WALK Distance: 2.33 km / Calories Burned: 215 / Heart Rate: Approx. 109 BPM	7-8 AM
FREE CONSULTATION & INBODY ANALYSIS AT BDMS WELLNESS CLINIC	1-3 PM
BASIC HATHA VINYASA YOGA AT FITNESS CENTER	3-4 PM

## SATURDAY

AQUA AEROBIC AT BEACH POOL	9-10 AM
CANVAS PAINTING 388++ / PAX AT BABA POOLCLUB	2-3 PM
BASIC THAI BOXING AT FITNESS CENTER	3-4 PM

## SUNDAY

BODY STRETCHING AT FITNESS CENTER	8-9 AM
CIRCUIT TRAINING AT FITNESS CENTER	3-4 PM
CONTRAST THERAPY MINERAL POOL AT COOL SPA	3-4 PM

### 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 | THB 1,800++ / person

12-3  
PM

### Tennis Class

Upon Request | THB 1,800++ / person

7 AM  
7 PM

### Yoga Class

Upon Request | THB 4,000 / class

### Boxing Class

Upon Request | THB 3,500 / class

### 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

