

## DAILY ACTIVITIES

### MONDAY

9-10 AM	Table Tennis Fit & Fun at Game Room
2-3 PM	Body Combat at Fitness Center
2-3 PM	DIY Body Scrub at Cool Spa
3-4 PM	Canvas painting at Baba Poolclub 388++ per pax

### TUESDAY

8-9 AM	Basic Hatha Vinyasa Yoga at Fitness center
2-3 PM	Herbal Tea Class at Shi Shi Lounge
3-4 PM	Beach Boxing at Beach

### WEDNESDAY

8-9 AM	Tabata Workout at Fitness center
2-2.30 PM	Kid Yoga at Fitness center
3-4 PM	Canvas painting 388++/pax at Baba Poolclub
4.30-5.30 PM	Herbal Mocktail Class at Soul Cafe

### THURSDAY

10-11 AM	Basic Hatha Vinyasa Yoga at Fitness center
2-3 PM	Herbal Inhaler Class at Cool Spa
3-4 PM	Body Stretching at Fitness center
3-4 PM	Neck & Shoulders Massage Class at Cool Spa

### FRIDAY

7-8 AM	Brisk Walking meeting point at Tennis court
10.30-11.30 AM	Wellness Juice Workshop at Soul Cafe
3-4 PM	Basic Hatha Vinyasa Yoga at Fitness center
3-4 PM	Canvas painting 388++/pax at Baba Poolclub

### SATURDAY

9-10 AM	Aqua Aerobic at Beach Pool
2-3 PM	Basic Thai boxing at Fitness center
3-4 PM	Neck & Shoulders Massage Class at Cool Spa

### SUNDAY

8-9 AM	Body Stretching at Fitness center
9.30-10.30 AM	Wellness Breakfast with the Chef & Doctor at Baba Poolclub
3-4 PM	Aerobic Workout (Energy Burst) at Fitness center
3-4 PM	Bracelet making class 288++/pax at Baba Poolclub

### EVERYDAY ACTIVITY

#### JOIN TRIP TO THE ISLAND

**8AM - 10AM** PHI PHI & JAMES BOND ISLAND  
STARTS AT THB 3,900 / PERSON,  
24 HRS RESERVATION IS REQUIRED

#### COOKING CLASS

AT BABA SUNSET LOUNGE | 12 PM & 3 PM

#### PRIVATE YOGA CLASS

4,000 THB - UPON REQUEST

#### BOXING CLASS

3,500 THB UPON REQUEST



#### TERMS & CONDITIONS

- TERMS AND CONDITIONS APPLY SCHEDULES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.
- MAXIMUM 6 PERSONS PER ACTIVITY
- RESERVATIONS ARE HIGHLY RECOMMENDED FOR ALL ACTIVITIES.
- PLEASE CONTACT OUR ACTIVITY TEAM AT BABA POOLCLUB RECEPTION BY DIALING '61' FOR MORE INFORMATION

