



# Daily Activity Schedule

## monday

- 7:30 AM **Ashtanga Primary Yoga\***  
300.000/person  
The Bay Club
- 9:00 AM **Stretch & Tone**  
The Bay Club
- 10:00 AM **Mat Pilates\***  
500.000/person  
The Bay Club
- 11:00 AM **Aqua Aerobics**  
Lagoon Pool
- 2:00 PM **Social Squash**  
The Bay Club
- 5:00 PM **Energizing Aerobics**  
The Bay Club

## tuesday

- 7:30 AM **Ashtanga Primary Yoga\***  
300.000/person  
The Bay Club
- 10:00 AM **Introduction Scuba Diving**  
Lagoon Pool
- 11:00 AM **Aqua Aerobics**  
Lagoon Pool
- 2:00 PM **Social Squash**  
The Bay Club
- 3:00 PM **Kick Boxing\***  
500.000/person  
The Bay Club
- 4:00 PM **Ashtanga Primary Yoga\***  
300.000/person  
The Bay Club
- 5:00 PM **Kite Flying**  
The Beach Front  
Water Sports Center

## wednesday

- 7:30 AM **Hatha Yoga\***  
300.000/person  
The Bay Club
- 9:00 AM **Stretch & Tone**  
The Bay Club
- 10:00 AM **Mat Pilates\***  
500.000/person  
The Bay Club
- 11:00 AM **Aqua Aerobics**  
Lagoon Pool
- 2:00 PM **Social Squash**  
The Bay Club
- 5:00 PM **Zumba class\***  
500.000/person  
The Bay Club

Prices are in Indonesia Rupiah and subject to 21% service charge & government tax  
 \*PLEASE NOTE: these (\*) sessions need 1 day advance booking & minimum 2 participants



## thursday

- 7:30 AM **Ashtanga Primary Yoga\***  
300.000/person  
The Bay Club
- 9:00 AM **Stretch & Tone**  
The Bay Club
- 10:00 AM **Introduction Scuba Diving**  
Lagoon Pool
- 11:00 AM **Aqua Aerobics**  
Lagoon Pool
- 3:00 PM **Kick Boxing\***  
500.000/person  
The Bay Club
- 4:00 PM **Ashtanga Primary Yoga\***  
300.000/person  
The Bay Club
- 5:00 PM **Energizing Aerobics**  
The Bay Club

## friday

- 7:30 AM **Hatha Yoga\***  
300.000/person  
The Bay Club
- 9:00 AM **Tennis Clinic**  
300.000/person  
Tennis Court
- 10:00 AM **Introduction Scuba Diving**  
Lagoon Pool
- 11:00 AM **Aqua Aerobics**  
Lagoon Pool
- 4:00 PM **Step Reebok Aerobics**  
The Bay Club
- 5:00 PM **Zumba class\***  
500.000/person  
The Bay Club

## saturday

- 10:00 AM **Mat Pilates\***  
500.000/person  
The Bay Club
- 11:00 AM **Aqua Aerobics**  
Lagoon Pool
- 2:00 PM **Social Squash**  
The Bay Club
- 3:00 PM **Kick Boxing \***  
500.000/person  
The Bay Club
- 4:00 PM **Ashtanga Primary Yoga\***  
300.000/person  
The Bay Club
- 5:00 PM **Kite Flying**  
Beach  
Water Sports Center

## sunday

- 7:30 AM **Yin Yoga\***  
300.000/person  
The Bay Club
- 9:00 AM **Tennis Clinic**  
300.000/person  
Tennis Court
- 10:00 AM **Introduction Scuba Diving**  
Lagoon Pool
- 11:00 AM **Aqua Aerobics**  
Lagoon Pool
- 5:00 PM **Energizing Aerobics**  
The Bay Club

**Scheduled activity sessions could change  
or cancel without prior notice  
or insufficient attendees.**

**Guests partake in the activity sessions  
at their own risk.**

**For Fitness Activity reservation,  
please contact Bay Club at extension 8181  
between 7:00 AM - 9:00 PM**

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\*PLEASE NOTE: these (\*) sessions need 1 day advance booking & minimum 2 participants