



Daily Activity Schedule

monday

- 7:30 AM **Ashtanga Primary Yoga***
300.000/person
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 **Kite Flying**
The Beach Front
Water Sports Center

tuesday

- 7:30 AM **Ashtanga Primary Yoga***
300.000/person
The Bay Club
- 9:00 AM **Stretch & Tone**
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

wednesday

- 7:30 AM **Hatha Yoga***
300.000/person
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,
with minimum 2 participants & maximum 4 participants



thursday

- 7:30 AM **Ashtanga Primary Yoga***
300.000/person
The Bay Club
- 9:00 AM **Stretch & Tone**
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

friday

- 7:30 AM **Hatha Yoga***
300.000/person
The Bay Club
- 9:00 AM **Tennis Clinic**
300.000/person
Tennis Court
- 11:00 AM **Aqua Aerobics**
Lagoon Pool
- 5:00 PM **Zumba Class***
500.000/person
The Bay Club

saturday

- 9:00 AM **Stretch & Tone**
The Bay Club
- 10:00 AM **Mat Pilates***
500.000/person
The Bay Club
- 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
- 11:00 AM **Aqua Aerobics**
Lagoon Pool

**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,
with minimum 2 participants & maximum 4 participants