



BADIAN ISLAND WELLNESS RESORT
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BADIAN ISLAND WELLNESS RESORT WEEKLY ACTIVITIES

Day/Date	Time	Venue	Functions
Monday			
	07:00 - 10:00 AM	Panorama Restaurant	Breakfast Ala Carte
	07:30 AM	Oslob	Whaleshark & Tulumog Falls Shuttle Service
	12:00 NN	Panorama Restaurant	Lunch Ala Carte
	03:30 - 04:00 PM	Beach Kiosk	SPA Demo
	04:00 - 04:30 PM	Sundeck	Cooking Demo (hot)
	04:15 - 06:00 PM	Beach Bar	Happy Hour @ the Beach Bar
	10:00 PM	Banca Bar	After Dinner Drink
Tuesday			
	07:00 - 10:00 AM	Panorama Restaurant	Breakfast Ala Carte
	10:30 AM	Spa Reception	Natural Spa Creation (Aloe Vera or Virgin Coconut Oil)
	12:00 NN	Panorama Restaurant	Lunch Ala Carte
	09:00 - 10:00 AM	Poolside	Coconut Gathering
	10:00 - 11:00 AM	Coral Garden	Snorkeling - Free Trip
	04:00 - 04:30 PM	Sundeck	Cocktail Demo
	04:15 - 06:00 PM	Beach Bar	Happy Hour @ the Beach Bar
	10:00 PM	Banca Bar	After Dinner Drink
Wednesday			
	07:00 - 10:00 AM	Panorama Restaurant	Breakfast Ala Carte
	08:00 AM	Moalboal	Sardines Run, Turtle & Snorkeling Shuttle Service
	12:00 NN	Panorama Restaurant	Lunch Ala Carte
	04:00 - 04:30 PM	Sundeck	Cooking Demo (Cold)
	04:30 - 5:00 PM	Beach Garden	Yoga Session (Sunset)
	04:15 - 06:00 PM	Beach Bar	Happy Hour @ the Beach Bar
	10:00 PM	Banca Bar	After Dinner Drink
Thursday			
	07:00 - 10:00 AM	Panorama Restaurant	Breakfast Ala Carte
	12:00 NN	Panorama Restaurant	Lunch Ala Carte
	03:30 - 04:00 PM	Beach Kiosk	Spa Demo
	04:00 - 04:30 PM	Sundeck	Cocktail Demo
	04:15 - 06:00 PM	Beach Bar	Happy Hour @ the Beach Bar
	10:00 PM	Banca Bar	After Dinner Drink
Friday			
	07:00 - 10:00 AM	Panorama Restaurant	Breakfast Ala Carte
	07:30 AM	Oslob	Whaleshark & Tulumog Falls Shuttle Service
	12:00 NN	Panorama Restaurant	Lunch Ala Carte
	09:30 AM	Spa Reception	Natural Spa Creation (Aloe Vera or Virgin Coconut Oil)
	04:00 - 04:30 PM	Sundeck	Cooking Demo (Hot)
	10:00 PM	Beach Bar	After Dinner Drink
Saturday			
	07:00 - 10:00 AM	Panorama Restaurant	Breakfast Ala Carte
	09:00 AM	Organic Garden	Discover to freshness, Journey through Organic Garden
	12:00 NN	Panorama Restaurant	Lunch Ala Carte
	04:00 - 04:30 PM	Sundeck	Cocktail Demo
	04:15 - 06:00 PM	Beach Bar	Happy Hour @ the Beach Bar
	04:30 - 5:00 PM	Beach Garden	Yoga Session (Sunset)
	10:00 PM	Banca Bar	After Dinner Drink
Sunday			
	6:00-7:00 AM	Beach Garden	Yoga Session (Sunrise)
	07:00 - 10:00 AM	Panorama Restaurant	Breakfast Ala Carte
	08:00 AM	Matutinao Badian	Canyoneering Shuttle Service
	09:00 - 10:00 AM	Poolside	Coconut Gathering
	12:00 NN	Panorama Restaurant	Lunch Ala Carte
	04:15 - 06:00 PM	Beach Bar	Happy Hour @ the Beach Bar
	10:00 PM	Banca Bar	After Dinner Drink