



The dress rooms have a separate (man only, women only) sauna that fits 6 persons comfortably. Made in Finland by Harvia.



BonBida offers half year and year memberships. For tourists we have a day pass , a week pass and also a month pass.
We are looking forward seeing you at BonBida Spa & Gym.



**BON BIDA
SPA & GYM**
BONAIRE

Opening hours :

Mon. - Fri. : 6:00 - 21:00

Sat./sun. : 8:00 - 13:00



Kaya Gobernador Debrodt 74

Bonaire

Tel.717-7224 Fax.717-7225

WWW.BonBida.Com



**BON BIDA
SPA & GYM**
BONAIRE



“Fitness for everyone”



Bombida Spa & Gym is pleased to introduce you to the largest fitness club on Bonaire. We use high-teck equipment from

Technogym. It comes with a personal tv screen and is very user friendly. We have professional trainers and work with a "key" USB stick that saves all your training and equipment settings.



The training area has a high space ratio and has air-conditioning. Besides different kind of cardio machines and strength equipment we also have a free weight section.



Twice a day there are classes in a separate room with among other things : aerobics , pilates, body-toning , body power and Thai-Bo. This room is also air-conditioned.



There are separate women and men dress rooms. They have lockers, changing rooms, toilets and showers available .

