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7.00	HIIT Dance Studio 	TAI CHI Yoga Pavilion	3 IN 1 Dance Studio   	TAI CHI Yoga Pavilion
8.00	GENTLE YOGA Yoga Pavilion	SIVANANDA YOGA Yoga Pavilion	MEDITATION WITH CHINESE HARP with Danchai Chernprateep Yoga Pavilion  	VINYASA YOGA Yoga Pavilion
9.00	STRETCHING Yoga Pavilion  	STRETCHING Yoga Pavilion  	STRETCHING Yoga Pavilion  	STRETCHING Yoga Pavilion  
10.00	PILATES MAT Dance Studio	ABS, BUTTOCKS & THIGHS Dance Studio 	MOTR Dance Studio   	METAFIT Dance Studio 
11.00	AQUA HAND BUOYS Bathing Pavilion  	AQUA BOX Bathing Pavilion  	AQUA NOODLE Bathing Pavilion  	AQUA HAND BUOYS Bathing Pavilion  
14.00		PILATES REFORMER Pilates Studio 2,000++ THB per person   	UNDERSTAND HOW EMOTIONS GOVERN OUR HEALTH AND WELLBEING with Vishal Sukhatankar Multi-function room  	
14.00		NAPKIN FOLDING Library  		ACRYLIC PAINTING: PALM LEAF FAN Library  
15.00	BALL & FREE WEIGHT Dance Studio   	GENTLE YOGA Dance Studio	PERIMENOPAUSE AND MENOPAUSE EXERCISE Dance Studio  	PRANAYAMA Dance Studio
16.00	BETTER SLEEP CLASS Dance Studio  	INNER CORE EXERCISE Dance Studio  	TONING BALL Dance Studio  	GYROKINESIS Dance Studio  
17.00	YOGA – NIDRA (MEDITATION) Dance Studio	EVENING STRETCH Dance Studio	HATHA YOGA Dance Studio	ABS EXPRESS 25 MINS Dance Studio

 Sports shoes required  Book at Health & Wellness Reception (Ext. 3) in advance of the class  Limited number of participants  Intermediate level  Additional charges apply

FRIDAY 21 ST MARCH	SATURDAY 22 ND MARCH	SUNDAY 23 RD MARCH
		HIKING ★ 👤 🏃 🧤 💰 Khao Hin Lek Fai Mountain 2,200++ THB per person Meet at the Front Desk
HIIT 🏃 🧤 Dance Studio	TAI CHI Yoga Pavilion	BOOT CAMP 🏃 🧤 In front of Bathing Pavilion
GENTLE YOGA Yoga Pavilion	HATHA YOGA Yoga Pavilion	VINYASA YOGA Yoga Pavilion
STRETCHING ★ 👤 Yoga Pavilion	STRETCHING ★ 👤 Yoga Pavilion	STRETCHING ★ 👤 Yoga Pavilion
PILATES MAT Dance Studio	INTERVAL CYCLING ★ 👤 🏃 🧤 Dance Studio	NADA YOGA (Yoga of Sound) with Vishal Sukhatankar Dance Studio ★ 👤
AQUA BOX ★ 👤 Bathing Pavilion	AQUA NOODLE ★ 👤 Bathing Pavilion	AQUA HAND BUOYS ★ 👤 Bathing Pavilion
HORMONAL BODY CLOCK with Patience Sangwa, ND Multi-function room ★ 👤	PILATES REFORMER ★ 👤 💰 Pilates Studio 2,000++ THB per person	SELF-HEALING AND REDUCE STRESS TO IMPROVE YOUR WELL-BEING with Danchai Chernprateep Multi-function room ★ 👤
	WEAVING CARP FROM COCONUT LEAVES Library ★ 👤	HOW TO MAKE A SEASHELL MOBILE Library ★ 👤
CIRCUIT TRAINING ★ 👤 🧤 Dance Studio	ABS, BUTTOCKS & THIGHS 🏃 🧤 Dance Studio	STICK MOBILITY ★ 👤 Dance Studio
NEUROMUSCULAR EXERCISE Dance Studio ★ 👤 🏃	METABOLIC BREATHING EXERCISE Dance Studio ★ 👤	NEURODYNAMIC EXERCISE ★ 👤 Dance Studio
ANAPANASTI MEDITATION Dance Studio	HIP OPENING YOGA Dance Studio	ABS EXPRESS 25 MINS Dance Studio



CLASS & ACTIVITIES SCHEDULE

17th – 23rd March 2025



Some classes incur an additional charge-please reserve a place with the Health & Wellness Reception (Ext. 3).

Please shower before taking part in water activities; tie up long hair or use a bathing cap. Class instructors may change without prior notice.

No-shows or cancellations with less than 3 hours advance notice will incur a 50% cancellation fee.

	Taste of Siam
BREAKFAST	07:00 - 10:30
LUNCH	12:00 - 14:30
DINNER	18:00 - 21:00