



































































































MONDAY 24 th MARCH		TUESDAY 25 th MARCH		WEDNESDAY 26 th MARCH		THURSDAY 27 th MARCH	
07.00	HIIT Dance Studio  	TAI CHI Yoga Pavilion	MEDITATION WITH CHINESE HARP with Danchai Chernprateep Yoga Pavilion  	TAI CHI Yoga Pavilion			
08.00	GENTLE YOGA Yoga Pavilion	SIVANANDA YOGA Yoga Pavilion	HATHA YOGA Yoga Pavilion	VINYASA YOGA Yoga Pavilion			
09.00	STRETCHING   Yoga Pavilion	STRETCHING   Yoga Pavilion	STRETCHING   Yoga Pavilion	STRETCHING   Yoga Pavilion			
10.00	PILATES MAT Dance Studio	NADA YOGA (Yoga of Sound) with Vishal Sukhatankar Dance Studio  	MOTR    Dance Studio	METAFIT   Dance Studio			
11.00	AQUA BOX   Bathing Pavilion	AQUA NOODLE   Bathing Pavilion	AQUA HAND BUOYS   Bathing Pavilion	AQUA BOX   Bathing Pavilion			
12.00		DISCOVER TRADITIONAL ARABIC & ISLAMIC MEDICINE Multi-function room  					
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	FRUIT & VEGETABLE CARVING Library  		FRUIT & VEGETABLE CARVING   Library	ACRYLIC PAINTING: PALM LEAF FAN Library  			
15.00	BALL & FREE WEIGHT    Dance Studio	HATHA YOGA Dance Studio	MYO COMPRESSION   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	ANAPANASTI MEDITATION 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 28 th MARCH	SATURDAY 29 th MARCH	SUNDAY 30 th MARCH
07.00	HIIT Dance Studio  	BOOT CAMP In front of Bathing Pavilion  	TAI CHI Yoga Pavilion
08.00	GENTLE YOGA Yoga Pavilion	HATHA YOGA Yoga Pavilion	ENERGY AWAKENING Yoga Pavilion
09.00	STRETCHING Yoga Pavilion  	STRETCHING Yoga Pavilion  	STRETCHING Yoga Pavilion  
10.00	PILATES MAT Dance Studio	NADA YOGA (Yoga of Sound) with Vishal Sukhatankar Dance Studio  	INTERVAL CYCLING Dance Studio    
11.00	AQUA NOODLE Bathing Pavilion  	AQUA HAND BUOYS Bathing Pavilion  	AQUA BOX Bathing Pavilion  
14.00	SELF-HEALING AND REDUCE STRESS TO IMPROVE YOUR WELL-BEING with Danchai Chernprateep Multi-function room  	PILATES REFORMER Pilates Studio 2,000++ THB per person   	
14.00		WEAVING GRASSHOPPER FROM COCONUT LEAVES Library  	FLOWER ARRANGING Library  
15.00	CIRCUIT TRAINING Dance Studio   	ABS, BUTTOCKS & THIGHS Dance Studio  	STICK MOBILITY Dance Studio  
16.00	NEUROMUSCULAR EXERCISE Dance Studio   	METABOLIC BREATHING EXERCISE Dance Studio  	NEURODYNAMIC EXERCISE Dance Studio  
17.00	ANAPANASTI MEDITATION Dance Studio	HIP OPENING YOGA Dance Studio	ABS EXPRESS 25 MINS Dance Studio



CLASS & ACTIVITIES SCHEDULE

24th – 30th 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