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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	VINYASA YOGA Yoga Pavilion	BREATHWORK & FLOW MOVEMENT with Khun Note Panayanggool In the garden opposites to the Banyan Tree  	VINYASA YOGA Yoga Pavilion
9.00	STRETCHING   Yoga Pavilion	STRETCHING   Yoga Pavilion	STRETCHING   Yoga Pavilion	STRETCHING   Yoga Pavilion
10.00	ANTI-AGING FACE & NECK SCULPTING EXERCISE with Masa Sugiyama Dance Studio  	ALEXANDER TECHNIQUE GROUP CLASS with Jill Banwell Dance Studio  	INTRODUCTION TO PILATES   Dance Studio	METAFIT   Dance Studio
11.00	AQUA NOODLE   Bathing Pavilion	AQUA HAND BUOYS   Bathing Pavilion	AQUA BOX   Bathing Pavilion	AQUA NOODLE   Bathing Pavilion
14.00		PILATES REFORMER    Pilates Studio 2,000++ THB per person	FACIAL SHAPING WITH POSTURE CORRECTION with Masa Sugiyama Multi-function room  	VOICE ACTIVATION WORKSHOP with Khun Note Panayanggool Dance Studio  
14.00		NAPKIN FOLDING   Library	“BURANA” NECKLACE WORKSHOP with Khun Note Panayanggool Orchid Lounge  	ACRYLIC PAINTING: PALM LEAF FAN Library  
15.00	BALL & FREE WEIGHT    Dance Studio	HATHA YOGA Dance Studio	GENTLE YOGA Dance Studio	PRANAYAMA Yoga Pavilion
16.00	GYROKINESIS   Dance Studio	INNER CORE EXERCISE   Dance Studio	METABOLIC BREATHING EXERCISE Dance Studio  	LUMBOPELVIC RHYTHM CLASS   Dance Studio
17.00	YOGA – NIDRA (MEDITATION) Dance Studio	GONG BATH BY THE SEA with Khun Note Panayanggool Tai Chi Pavilion  	MYO COMPRESSION   Dance Studio	VIBRATIONS OF WATER SOUND MEDITATION with Khun Note Panayanggool Tai Chi Pavilion  

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

CLASS & ACTIVITIES SCHEDULE

























































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

	FRIDAY 25 th APRIL	SATURDAY 26 th APRIL	SUNDAY 27 th APRIL
07.00	HIIT Dance Studio  	BOOT CAMP In front of Bathing Pavilion  	TAI CHI Yoga Pavilion
08.00	MOVEMENT MEDITATION & COMPLETING THE CIRCLE with Khun Note Panayanggool Yoga Pavilion  	CHAKRA BALANCING MEDITATION with Jill Banwell Yoga Pavilion  	VINYASA YOGA Yoga Pavilion
09.00	STRETCHING Dance Studio  	STRETCHING Yoga Pavilion  	STRETCHING Yoga Pavilion  
10.00	ANTI-AGING FACE & NECK SCULPTING EXERCISE with Masa Sugiyama Dance Studio  	FREE FORM Dance Studio   	INTERVAL CYCLING Dance Studio    
11.00	AQUA HAND BUOYS Bathing Pavilion  	AQUA BOX Bathing Pavilion  	AQUA NOODLE Bathing Pavilion  
14.00	MICRO-HABITS FOR THE BUSY GEN ZILLENNIALS with Patiance Sangwa, ND. Multi-function room  	PILATES REFORMER Pilates Studio 2,000++ THB per person   	
14.00		FLOWER ARRANGING Library  	WEAVING GRASSHOPPER FROM COCONUT LEAVES Library  
14.00		MICRO-HABITS FOR THE BUSY GEN ZILLENNIALS with Patiance Sangwa, ND. Multi-function room  	
15.00	CIRCUIT TRAINING Dance Studio   	THE POWER OF POSITIVE AFFIRMATIONS with Jill Banwell Multi-function room  	INTRODUCTION TO PILATES Dance Studio  
16.00	BETTER SLEEP CLASS Dance Studio  	NEURODYNAMIC EXERCISE Dance Studio  	NEUROMUSCULAR EXERCISE Dance Studio   
17.00	ANAPANASTI MEDITATION Dance Studio	HATHA YOGA Dance Studio	HIP OPENING YOGA Dance Studio