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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	HATHA YOGA 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		
14.00	FRUIT & VEGETABLE CARVING Library  		FRUIT & VEGETABLE CARVING   Library	
15.00	BALL & FREE WEIGHT    Dance Studio	INTRODUCTION TO PILATES   Dance Studio	GENTLE YOGA Dance Studio	PRANAYAMA Dance Studio
16.00	GYROKINESIS   Dance Studio	INNER CORE EXERCISE   Dance Studio	METABOLIC BREATHING EXERCISE Dance Studio  	NEUROMUSCULAR EXERCISE    Dance Studio
16.00		BEACH VOLLEYBALL   Beach		
17.00	YOGA – NIDRA (MEDITATION) Dance Studio	HIP OPENING YOGA Dance Studio	MYO COMPRESSION   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 2 nd MAY	SATURDAY 3 rd MAY	SUNDAY 4 th MAY	
05.30		HIKING Khao Hin Lek Fai Mountain 2,200++ THB per person Meet at the Front Desk ★ 👤 🏋️ 🧤 💰	
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	VINYASA YOGA Yoga Pavilion
09.00	STRETCHING Yoga Pavilion ★ 👤	STRETCHING Yoga Pavilion ★ 👤	STRETCHING Yoga Pavilion ★ 👤
10.00	PILATES MAT Dance Studio	FREE FORM Dance Studio ★ 👤 🧤	INTERVAL CYCLING Dance Studio ★ 👤 🏋️ 🧤
11.00	AQUA BOX Bathing Pavilion ★ 👤	AQUA NOODLE Bathing Pavilion ★ 👤	AQUA HAND BUOYS Bathing Pavilion ★ 👤
14.00		PILATES REFORMER Pilates Studio 2,000++ THB per person ★ 👤 💰	
15.00	CIRCUIT TRAINING Dance Studio ★ 👤 🧤	ABS, BUTTOCKS & THIGHS Dance Studio 🏋️ 🧤	STICK MOBILITY Dance Studio ★ 👤
16.00	GYROKINESIS Dance Studio ★ 👤	BETTER SLEEP CLASS Dance Studio ★ 👤	INNER CORE EXERCISE Dance Studio ★ 👤
16.00		BEACH PICKLEBALL Beach ★ 👤	
17.00	ANAPANASTI MEDITATION Dance Studio	EVENING STRETCH Dance Studio	ABS EXPRESS 25 MINS Dance Studio

28th April - 4th May 2025

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