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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	CHAKRA BALANCING MEDITATION with Jill Banwell Yoga Pavilion  		HATHA YOGA Yoga Pavilion		VINYASA YOGA Yoga Pavilion	
8.00	STATIC STRETCH FOR RUNNER Dance Studio						
9.00	STRETCHING Yoga Pavilion  	STRETCHING Yoga Pavilion  		STRETCHING Yoga Pavilion  		STRETCHING Yoga Pavilion  	
10.00	PILATES MAT Dance Studio	ANTI-AGING FACE & NECK SCULPTING EXERCISE with Masa Sugiyama 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   					
14.00		NAPKIN FOLDING Library  				ACRYLIC PAINTING: PALM LEAF FAN Library  	
15.00	BALL & FREE WEIGHT Dance Studio   	HATHA YOGA Dance Studio		GENTLE YOGA Dance Studio		PRANAYAMA Dance Studio	
15.00	VISUALISATION MEDITATION Yoga Pavilion						
16.00	TONING BALL Dance Studio  	LUMBOPELVIC RHYTHM CLASS Dance Studio  		NEURODYNAMIC EXERCISE Dance Studio  		NEUROMUSCULAR EXERCISE Dance Studio   	
16.00		TIBETAN BOWL SOUND BATH Sound Therapy room (Spa couple massage room no. 10)  		TIBETAN BOWL SOUND BATH Sound Therapy room (Spa couple massage room no. 10)  		FALL PREVENTION FOR OLDER ADULTS Multi-function room  	
17.00	YOGA – NIDRA (MEDITATION) Dance Studio	PRANAYAMA 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 16 th MAY		SATURDAY 17 th MAY		SUNDAY 18 th MAY	
07.00	HIIT Dance Studio  	BOOT CAMP In front of Bathing Pavilion  	ENERGY AWAKENING 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	ALEXANDER TECHNIQUE GROUP CLASS with Jill Banwell Dance Studio  	FASCIA STRETCHING AND ITS EFFECT ON THE DIFFERENT PARTS OF THE BODY with Dr. Greg Shiu Dance Studio  		
11.00	AQUA HAND BUOYS   Bathing Pavilion	AQUA BOX   Bathing Pavilion	AQUA NOODLE   Bathing Pavilion		
14.00	THE CHAKRA SYSTEM AND HEALING CRYSTALS with Jill Banwell Multi-function room  	PILATES REFORMER    Pilates Studio 2,000++ THB per person			
14.00		FLOWER ARRANGING   Library	WEAVING CARP FROM COCONUT LEAVES Library  		
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	HIP OPENING YOGA Dance Studio	ABS EXPRESS 25 MINS Dance Studio		

12th – 18th 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