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7.00	HIIT Dance Studio  	TAI CHI Yoga Pavilion		3 IN 1 Dance Studio   		TAI CHI Yoga Pavilion	
8.00	CHAKRA BALANCING MEDITATION with Jill Banwell 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	FASCIA STRETCHING AND ITS EFFECT ON THE DIFFERENT PARTS OF THE BODY with Dr. Greg Shiu Dance Studio  		INTRODUCTION TO PILATES 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   		HOW DOES SUGAR AFFECT WATER IN THE BODY with Dr. Greg Shiu Multi-function room  		THE POWER OF POSITIVE AFFIRMATIONS with Jill Banwell 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		GENTLE YOGA Dance Studio		PRANAYAMA Dance Studio	
16.00	TONING BALL Dance Studio  	LUMBOPELVIC RHYTHM CLASS Dance Studio  		NEURODYNAMIC EXERCISE Dance Studio  		NEUROMUSCULAR EXERCISE Dance Studio   	
17.00	YOGA – NIDRA (MEDITATION) Dance Studio	EVENING STRETCH 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 23 <sup>rd</sup> MAY	SATURDAY 24 <sup>th</sup> MAY		SUNDAY 25 <sup>th</sup> MAY
06.45	<b>GLOBAL WELLNESS DAY ACTIVITY</b> Ban Phraek Takhro Border Patrol Police School Meet at Guest Relation Office ★ 👤		
07.00	<b>HIIT</b> Dance Studio 🏋️ 🧘	<b>BOOT CAMP</b> In front of Bathing Pavilion 🏋️ 🧘	<b>TAI CHI</b> Yoga Pavilion
08.00	<b>GENTLE YOGA</b> Yoga Pavilion	<b>HATHA YOGA</b> Yoga Pavilion	<b>VINYASA YOGA</b> Yoga Pavilion
09.00	<b>STRETCHING</b> ★ 👤 Yoga Pavilion	<b>STRETCHING</b> ★ 👤 Yoga Pavilion	<b>STRETCHING</b> ★ 👤 Yoga Pavilion
10.00	<b>PILATES MAT</b> Dance Studio	<b>ALEXANDER TECHNIQUE GROUP CLASS</b> with Jill Banwell Dance Studio ★ 👤	<b>FASCIA STRETCHING AND ITS EFFECT ON THE DIFFERENT PARTS OF THE BODY</b> with Dr. Greg Shiu Dance Studio ★ 👤
11.00	<b>AQUA BOX</b> ★ 👤 Bathing Pavilion	<b>AQUA NOODLE</b> ★ 👤 Bathing Pavilion	<b>AQUA HAND BUOYS</b> ★ 👤 Bathing Pavilion
14.00	<b>EAT FOR YOUR MIND AND MOOD</b> with Patience Sangwa, ND Multi-function room ★ 👤	<b>PILATES REFORMER</b> ★ 👤 💰 Pilates Studio 2,000++ THB per person	
14.00	<b>THAI PAPER-CUTTING ART (PHUANG MAHOT)</b> Library ★ 👤	<b>HOW TO MAKE A SEASHELL MOBILE</b> Library ★ 👤	<b>WEAVING GRASSHOPPER FROM COCONUT LEAVES</b> Library ★ 👤
15.00	<b>CIRCUIT TRAINING</b> ★ 👤 🧘 Dance Studio	<b>ABS, BUTTOCKS &amp; THIGHS</b> 🏋️ 🧘 Dance Studio	<b>STICK MOBILITY</b> ★ 👤 Dance Studio
16.00	<b>GYROKINESIS</b> ★ 👤 Dance Studio	<b>BETTER SLEEP CLASS</b> ★ 👤 Dance Studio	<b>INNER CORE EXERCISE</b> ★ 👤 Dance Studio
17.00	<b>ANAPANASTI MEDITATION</b> Dance Studio	<b>EVENING STRETCH</b> Dance Studio	<b>ABS EXPRESS 25 MINS</b> Dance Studio

19<sup>th</sup> – 25<sup>th</sup> 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