

MONDAY 2 nd JUNE		TUESDAY 3 rd JUNE		WEDNESDAY 4 th JUNE		THURSDAY 5 th JUNE	
7.00	HIIT Dance Studio🏋️👟	TAI CHI Yoga Pavilion	3 IN 1 Dance Studio★👤👟	TAI CHI Yoga Pavilion			
8.00	HATHA YOGA Yoga Pavilion	VINYASA YOGA Yoga Pavilion	GENTLE YOGA Yoga Pavilion	HATHA 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🏋️👟	BALLAST BALL Dance Studio★👤👟	BREATHING EXERCISE FOR WELL-BEING with Lucja Maslowska Dance Studio★👤			
11.00	AQUA NOODLE Bathing Pavilion★👤	AQUA HAND BUOYS Bathing Pavilion★👤	AQUA BOX Bathing Pavilion★👤	AQUA NOODLE Bathing Pavilion★👤			
14.00	GUIDANCE ON INTEGRATING FOOD AND NUTRITION INTO YOUR DAILY LIFE with Lucja Maslowska Multi-function room★👤	PILATES REFORMER Pilates Studio 2,000++ THB per person★👤💰		TCM INFUSED FOOD TURNED INTO NUTRITION WELLNESS with TCM practitioner, Prathana Multi-function room★👤			
14.00		NAPKIN FOLDING Library★👤		ACRYLIC PAINTING: PALM LEAF FAN Library★👤			
15.00	STICK MOBILITY Dance Studio★👤	CIRCUIT TRAINING Dance Studio★👤👟	INTRODUCTION TO PILATES Dance Studio	GENTLE YOGA Dance Studio			
16.00	BETTER SLEEP CLASS Dance Studio★👤	TONING BALL Dance Studio★👤	NEURODYNAMIC EXERCISE Dance Studio★👤	NEUROMUSCULAR EXERCISE Dance Studio★👤🏋️			
16.00		BEACH VOLLEYBALL Beach★👤					
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			

