	MONDAY 2 <sup>nd</sup> JUNE	TUESDAY 3 <sup>rd</sup> JUNE	WEDNESDAY 4th JUNE	THURSDAY 5 <sup>th</sup> JUNE	
7.00	HIIT	TAI CHI Yoga Pavilion	3 IN I  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 * LANGE   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	AQUABOX ** ** 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 * & L  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 * L	ABS EXPRESS 25 MINS Dance Studio	
-	Sports shoes required $\bigstar$ Book at Health & Wellness Reception (Ext. 3) in advance of the class Limited number of participants Limited number of participants Additional charges apply				



 $2^{nd} - 8^{th}$  June 2025

CLASS & ACTIVITIES







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