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7.00	HIIT Dance Studio  	TAI CHI Yoga Pavilion	3 IN 1 Dance Studio   		MANTRA MEDITATION 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  	INTRODUCTION TO PILATES Dance Studio		METAFIT Dance Studio  		
11.00	AQUA BOX Bathing Pavilion  	AQUA NOODLE Bathing Pavilion  	AQUA HAND BUOYS Bathing Pavilion  		AQUA BOX 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		
16.00	TONING BALL Dance Studio  	LUMBOPELVIC RHYTHM CLASS Dance Studio  	NEURODYNAMIC EXERCISE Dance Studio  		NEUROMUSCULAR EXERCISE Dance Studio   		
17.00	ANAPANASTI 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 30 <sup>th</sup> MAY		SATURDAY 31 <sup>st</sup> MAY		SUNDAY 1 <sup>st</sup> 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 NOODLE Bathing Pavilion	AQUA HAND BUOYS Bathing Pavilion		AQUA BOX Bathing Pavilion	
14.00		PILATES REFORMER Pilates Studio 2,000++ THB per person			
14.00		FLOWER ARRANGING Library			
15.00	CIRCUIT TRAINING Dance Studio	ABS, BUTTOCKS & THIGHS Dance Studio		MOTR 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	

26<sup>th</sup> May – 1<sup>st</sup> June 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