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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	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	ANTI-AGING FACE & NECK SCULPTING EXERCISE with Masa Sugiyama Dance Studio  	ALEXANDER TECHNIQUE GROUP CLASS with Jill Banwell 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   	FACIAL SHAPING WITH POSTURE CORRECTION with Masa Sugiyama 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 Yoga Pavilion			
16.00	TONING BALL Dance Studio  	LUMBOPELVIC RHYTHM CLASS Dance Studio  	NEURODYNAMIC EXERCISE Dance Studio  	NEUROMUSCULAR EXERCISE Dance Studio   			
16.00		BEACH VOLLEYBALL Beach  	HOW TO PROMOTE VAGAL TONE ? Multi-function room  				
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 9 th MAY		SATURDAY 10 th MAY		SUNDAY 11 th MAY	
07.00	HIIT Dance Studio  	BOOT CAMP In front of Bathing Pavilion  	ENERGY AWAKENING Yoga Pavilion		
08.00	GENTLE YOGA Yoga Pavilion	CHAKRA BALANCING MEDITATION with Jill Banwell Yoga Pavilion  	VINYASA YOGA Yoga Pavilion		
09.00	STRETCHING   Yoga Pavilion	STRETCHING   Yoga Pavilion	STRETCHING   Yoga Pavilion		
10.00	ANTI-AGING FACE & NECK SCULPTING EXERCISE with Masa Sugiyama 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	THAI PAPER-CUTTING ART (PHUANG MAHOT) Library  	WEAVING GRASSHOPPER FROM COCONUT LEAVES Library  	HOW TO MAKE A SEASHELL MOBILE Library  		
15.00	CIRCUIT TRAINING    Dance Studio	ABS, BUTTOCKS & THIGHS   Dance Studio	HIP OPENING YOGA Dance Studio		
16.00	GYROKINESIS   Dance Studio	BETTER SLEEP CLASS   Dance Studio	INNER CORE EXERCISE   Dance Studio		
16.00		FUNCTIONAL MOBILITY FOR RUNNER Yoga Pavilion			
17.00	ANAPANASTI MEDITATION Dance Studio	HIP OPENING YOGA Dance Studio	MANIFESTATION WORKSHOP   Dance Studio		

5th – 11th 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