	MONDAY 16 <sup>th</sup> JUNE	TUESDAY 17th JUNE	WEDNESDAY 18 <sup>th</sup> JUNE	THURSDAY 19 <sup>th</sup> JUNE	
7.00	HIIT Yoga Pavilion	TAI CHI Yoga Pavilion	3 IN I	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 Yoga Pavilion	ABS, BUTTOCKS & THIGHS Yoga Pavilion	BALLAST BALL Dance Studio	BREATHING EXERCISE FOR WELL-BEING with Lucja Maslowska Dance Studio	
11.00	AQUA BOX Bathing Pavilion	AQUA NOODLE  Bathing Pavilion	AQUA HAND BUOYS   Bathing Pavilion	AQUA BOX 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			
14.00	FRUIT & VEGETABLE CARVING Library	NAPKIN FOLDING   Library		ACRYLIC PAINTING: PALM LEAF FAN Library	
15.00	STICK MOBILITY Yoga Pavilion	CIRCUIT TRAINING ** * * * * Yoga Pavilion	METAFIT	GENTLE YOGA  Dance Studio	
16.00	BETTER SLEEP CLASS Yoga Pavilion	TONING BALL Yoga Pavilion	NEURODYNAMIC EXERCISE   Dance Studio	NEUROMUSCULAR EXERCISE   Dance Studio	
16.00		BEACH VOLLEYBALL  Beach			
17.00	YOGA – NIDRA (MEDITATION) Yoga Pavilion	PRANAYAMA Yoga Pavilion	MYO COMPRESSION   Dance Studio	ABS EXPRESS 25 MINS Dance Studio	
Sports shoes required $\bigstar$ Book at Health & Wellness Reception (Ext3.) in advance of class Limited number of participants Limited number of participants Additional charges apply Moderate to fluent English required					

	FRIDAY 20 <sup>th</sup> JUNE	SATURDAY 21st JUNE	SUNDAY 22 <sup>nd</sup> JUNE
07.00	HIIT & Name of the American Control of the American Co	BOOT CAMP In front of Bathing Pavilion	3 IN I   Dance Studio
08.00	SIVANANDA YOGA Yoga Pavilion	PRANAYAMA Yoga Pavilion	ENERGY AWAKENING  Dance Studio
09.00	STRETCHING Yoga Pavilion	STRETCHING Yoga Pavilion	STRETCHING * L
10.00	PILATES MAT Dance Studio	BREATHING EXERCISE FOR WELL-BEING with Lucja Maslowska Dance Studio	INTERVAL CYCLING * L & *  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 CARP FROM COCONUT LEAVES Library	FLOWER ARRANGING ** \( \textsty \) Library
15.00	3 IN I	ABS, BUTTOCKS & THIGHS  Dance Studio	BALL & FREE WEIGHT **   Dance Studio
16.00	GYROKINESIS   Dance Studio	LUMBOPELVIC RHYTHM CLASS   Dance Studio	INNER CORE EXERCISE   Dance Studio
16.00		BEACH PICKLEBALL ** & & Beach	
17.00	MANTRA MEDITATION  Dance Studio	HIP OPENING YOGA Dance Studio	MOTR   Dance Studio

 $19_{tp} - 55_{uq} \gamma nue 5052$ 

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