




































FRIDAY 20 <sup>th</sup> JUNE		SATURDAY 21 <sup>st</sup> JUNE		SUNDAY 22 <sup>nd</sup> JUNE	
07.00	HIIT Dance Studio 	BOOT CAMP In front of Bathing Pavilion 		3 IN 1 Dance Studio 	
08.00	SIVANANDA YOGA Yoga Pavilion	PRANAYAMA Yoga Pavilion 		ENERGY AWAKENING Dance Studio 	
09.00	STRETCHING Yoga Pavilion 	STRETCHING Yoga Pavilion 		STRETCHING Yoga Pavilion 	
10.00	PILATES MAT Dance Studio	BREATHING EXERCISE FOR WELL-BEING with Lucja Maslowska 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 CARP FROM COCONUT LEAVES Library 		FLOWER ARRANGING Library 	
15.00	3 IN 1 Dance Studio  	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  	

## 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