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7.00	HIIT Dance Studio 	TAI CHI Yoga Pavilion	3 IN 1   		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 Dance Studio	ABS, BUTTOCKS & THIGHS  Dance Studio	INTRODUCTION TO PILATES  Dance Studio		BREATHING EXERCISE FOR WELL-BEING with Lucja Maslowska Dance Studio   		
11.00	AQUA NOODLE   Bathing Pavilion	AQUA HAND BUOYS   Bathing Pavilion	AQUA BOX   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	FRUIT & VEGETABLE CARVING   Library		ACRYLIC PAINTING: PALM LEAF FAN Library  		
15.00	STICK MOBILITY   Dance Studio	CIRCUIT TRAINING    Dance Studio	BALLAST BALL    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					FALL PREVENTION FOR OLDER ADULTS Multi-function room   		
17.00	YOGA – NIDRA (MEDITATION) Dance Studio 	PRANAYAMA  Dance Studio	MYO COMPRESSION   Dance Studio		ABS EXPRESS 25 MINS Dance Studio		
 Sports shoes required  Book at Health & Wellness Reception (Ext3.) in advance of class		 Limited number of participants		 Intermediate level  Additional charges apply		 Moderate to fluent English required	

	FRIDAY 27 th JUNE	SATURDAY 28 th JUNE	SUNDAY 29 th 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 HAND BUOYS Bathing Pavilion ★ 	AQUA BOX Bathing Pavilion ★ 	AQUA NOODLE Bathing Pavilion ★ 
14.00		PILATES REFORMER Pilates Studio 2,000++ THB per person ★  \$	
14.00		HOW TO MAKE A SEASHELL MOBILE Library ★ 	WEAVING CARP FROM COCONUT LEAVES Library ★ 
15.00	MANTRA MEDITATION 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 ★ 
17.00	EVENING STRETCH Dance Studio	HIP OPENING YOGA Dance Studio	MOTR Dance Studio ★  

23rd 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