

	MONDAY 30 <sup>th</sup> JUNE	TUESDAY 1 <sup>st</sup> JULY	WEDNESDAY 2 <sup>nd</sup> JULY	THURSDAY 3 <sup>rd</sup> JULY
7.00	<b>HIIT</b> Dance Studio 	<b>TAI CHI</b> Yoga Pavilion	<b>3 IN 1</b> Dance Studio   	<b>TAI CHI</b> Yoga Pavilion
8.00	<b>HATHA YOGA</b> Yoga Pavilion	<b>VINYASA YOGA</b> Yoga Pavilion	<b>GENTLE YOGA</b> Yoga Pavilion	<b>HATHA YOGA</b> Yoga Pavilion
9.00	<b>STRETCHING</b> Yoga Pavilion  	<b>STRETCHING</b> Yoga Pavilion  	<b>STRETCHING</b> Yoga Pavilion  	<b>STRETCHING</b> Yoga Pavilion  
10.00	<b>PILATES MAT</b> Dance Studio	<b>ABS, BUTTOCKS &amp; THIGHS</b> Dance Studio  	<b>BALLAST BALL</b> Dance Studio   	<b>METAFIT</b> Dance Studio  
11.00	<b>AQUA HAND BUOYS</b> Bathing Pavilion  	<b>AQUA BOX</b> Bathing Pavilion  	<b>AQUA NOODLE</b> Bathing Pavilion  	<b>AQUA HAND BUOYS</b> Bathing Pavilion  
14.00		<b>PILATES REFORMER</b> Pilates Studio 2,000++ THB per person   		
14.00	<b>FRUIT &amp; VEGETABLE CARVING</b> Library  			
15.00	<b>STICK MOBILITY</b> Dance Studio  	<b>CIRCUIT TRAINING</b> Dance Studio   	<b>INTRODUCTION TO PILATES</b> Dance Studio 	<b>GENTLE YOGA</b> Dance Studio
16.00	<b>BETTER SLEEP CLASS</b> Dance Studio  	<b>GYROKINESIS</b> Dance Studio  	<b>NEURODYNAMIC EXERCISE</b> Dance Studio  	<b>NEUROMUSCULAR EXERCISE</b> Dance Studio   
16.00				
17.00	<b>YOGA – NIDRA (MEDITATION)</b> Dance Studio 	<b>PRANAYAMA</b> Dance Studio 	<b>MYO COMPRESSION</b> Dance Studio  	<b>ABS EXPRESS 25 MINS</b> Dance Studio

FRIDAY 4<sup>th</sup> JULY

SATURDAY 5<sup>th</sup> JULY

SUNDAY 6<sup>th</sup> JULY

30<sup>th</sup> June – 9<sup>th</sup> July 2025

CLASS & ACTIVITIES SCHEDULE

07.00			<b>GROUP BIKE RIDE</b> ★ 👤 🚲 \$ Outside Resort 1,800++ THB per person Meet at the Outdoor Pool
07.00	<b>HIIT</b> 🏋️ 🚲 Dance Studio	<b>BOOT CAMP</b> 🏋️ 🚲 In front of Bathing Pavilion	<b>3 IN 1</b> ★ 👤 🚲 Dance Studio
08.00	<b>SIVANANDA YOGA</b> Yoga Pavilion	<b>PRANAYAMA</b> 🗣️ Yoga Pavilion	<b>ENERGY AWAKENING</b> 🗣️ Dance Studio
09.00	<b>STRETCHING</b> ★ 👤 Yoga Pavilion	<b>STRETCHING</b> ★ 👤 Yoga Pavilion	<b>STRETCHING</b> ★ 👤 Yoga Pavilion
10.00	<b>PILATES MAT</b> Dance Studio	<b>FREE FORM</b> ★ 👤 🚲 Yoga Pavilion	<b>INTERVAL CYCLING</b> ★ 👤 🏋️ 🚲 Dance Studio
11.00	<b>AQUA BOX</b> ★ 👤 Bathing Pavilion	<b>AQUA NOODLE</b> ★ 👤 Bathing Pavilion	<b>AQUA HAND BUOYS</b> ★ 👤 Bathing Pavilion
14.00		<b>PILATES REFORMER</b> ★ 👤 \$ Pilates Studio 2,000++ THB per person	
15.00	<b>MANTRA MEDITATION</b> 🗣️ Dance Studio	<b>ABS, BUTTOCKS &amp; THIGHS</b> 🏋️ 🚲 Dance Studio	<b>BALL &amp; FREE WEIGHT</b> ★ 👤 🚲 Dance Studio
16.00	<b>BETTER SLEEP CLASS</b> ★ 👤 Dance Studio	<b>TONING BALL</b> ★ 👤 Dance Studio	<b>LUMBOPELVIC RHYTHM CLASS</b> ★ 👤 Dance Studio
17.00	<b>EVENING STRETCH</b> Dance Studio	<b>HIP OPENING YOGA</b> Dance Studio	<b>MOTR</b> ★ 👤 🏋️ Dance Studio



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
<b>BREAKFAST</b>	07:00 - 10:30
<b>LUNCH</b>	12:00 - 14:30
<b>DINNER</b>	18:00 - 21:00