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7.00	HIIT Dance Studio 	TAI CHI Yoga Pavilion		3 IN 1 Dance Studio   		TAI CHI Yoga Pavilion	
8.00	SIVANANDA YOGA Yoga Pavilion	VINYASA YOGA Yoga Pavilion		SOUND MEDITATION with Ashely Tan Dance Studio   		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 		BALLAST BALL Dance Studio   		INTERVAL CYCLING Dance Studio    	
11.00	AQUA BOX Bathing Pavilion  	AQUA NOODLE Bathing Pavilion  		AQUA HAND BUOYS Bathing Pavilion  		AQUA BOX Bathing Pavilion  	
14.00	UNDERSTANDING SOUND HEALING with Ashely Tan Multi-Function Room   	PILATES REFORMER Pilates Studio 2,000++ THB per person   					
14.00		NAPKIN FOLDING Library  				ACRYLIC PAINTING: PALM LEAF FAN Library  	
15.00	SIVANANDA YOGA Dance Studio	PRANAYAMA Dance Studio 		INTRODUCTION TO PILATES Dance Studio 		MOTR Dance Studio   	
16.00	INNER CORE EXERCISE Dance Studio  	GYROKINESIS Dance Studio  		NEURODYNAMIC EXERCISE Dance Studio  		NEUROMUSCULAR EXERCISE Dance Studio   	
17.00	STICK MOBILITY Dance Studio  	MOTR Dance Studio   		MYO COMPRESSION Dance Studio  		GENTLE YOGA Dance Studio	
18.00						MUSIC ACTIVITIES AS WELLNESS THERAPY with Khun Parintorn Pankaew Library   	

 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 11 th JULY		SATURDAY 12 th JULY		SUNDAY 13 th JULY	
05.30				HIKING Khao Hin Lek Fai Mountain 2,200++ THB per person Meet at the Front Desk	★ 👤 🏋️ 🏊 💰
07.00	HIIT Dance Studio 🏋️ 🏊	BOOT CAMP In front of Bathing Pavilion 🏋️ 🏊		TAI CHI Yoga Pavilion	
08.00	PRANAYAMA Yoga Pavilion 🗣️	SOUND MEDITATION with Ashely Tan Dance Studio ★ 👤 🗣️		ENERGY AWAKENING Yoga Pavilion 🗣️	
09.00	STRETCHING Yoga Pavilion ★ 👤	STRETCHING Yoga Pavilion ★ 👤		STRETCHING Yoga Pavilion ★ 👤	
10.00	PILATES MAT Dance Studio	FREE FORM Yoga Pavilion ★ 👤 🏊		METAFIT 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 ★ 👤	FLOWER ARRANGING Library ★ 👤		HOW TO MAKE A SEASHELL MOBILE Library ★ 👤	
15.00	HIP OPENING YOGA Dance Studio	ABS, BUTTOCKS & THIGHS Dance Studio 🏋️ 🏊		GENTLE YOGA Dance Studio	
16.00	BETTER SLEEP CLASS Dance Studio ★ 👤	TONING BALL Dance Studio ★ 👤		LUMBOPELVIC RHYTHM CLASS Dance Studio ★ 👤	
16.00		BEACH PICKLEBALL Beach ★ 👤		FALL PREVENTION FOR OLDER ADULTS Multi-function room ★ 👤 🗣️	
17.00	BALL & FREE WEIGHT Dance Studio ★ 👤 🏊	MANTRA MEDITATION Dance Studio 🗣️		MOTR Dance Studio ★ 👤 🏋️	
18.00		MUSIC ACTIVITIES AS WELLNESS THERAPY with Khun Parintorn Pankaew Library ★ 👤 🗣️			

7-13 July 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