	MONDAY 14th JULY	TUESDAY 15th JULY	WEDNESDAY 16th JULY	THURSDAY 17th JULY	
7.00	HIIT	TAI CHI Yoga Pavilion	3 IN I Dance Studio	TAI CHI Yoga Pavilion	
8.00	HATHA YOGA Yoga Pavilion	VINYASA YOGA Yoga Pavilion	SOUND MEDITATION with Ashely Tan Sound Therapy room (Spa couple massage no. 10)	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 NOODLE ** & & Bathing Pavilion	AQUA HAND BUOYS Bathing Pavilion	AQUA BOX Bathing Pavilion	AQUA NOODLE ** ** ** Bathing Pavilion	
14.00	UNDERSTANDING SOUND HEALING with Ashely Tan Muli-Function Room	PILATES REFORMER Pilates Studio 2,000++ THB per person			
14.00	FRUIT & VEGETABLE CARVING Library		FRUIT & VEGETABLE CARVING ** \(\bigs\) Library	ACRYLIC PAINTING: PALM LEAF FAN Library	
15.00	SIVANANDA YOGA Dance Studio	PRANAYAMA Dance Studio	INTRODUCTION TO PILATES Dance Studio	GENTLE YOGA Dance Studio	
16.00	INNER CORE EXERCISE Dance Studio	GYROKINESIS Dance Studio	NEURODYNAMIC EXERCISE Dance Studio	NEUROMUSCULAR EXERCISE	
16.00		BEACH VOLLEYBALL ** & & Beach			
17.00	STICK MOBILITY Dance Studio	MOTR Dance Studio	MYO COMPRESSION Dance Studio	ABS EXPRESS 25 MINS Dance Studio	
18.00				MUSIC ACTIVITIES AS WELLNESS THERAPY with Khun Parintorn Pankaew Library	
♦ Sp	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				



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CLASS & ACTIVITIES







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