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7.00	HIIT Dance Studio  	TAI CHI Yoga Pavilion		3 IN 1 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 Multi-Function Room   	PILATES REFORMER Pilates Studio 2,000++ THB per person   					
14.00	FRUIT & VEGETABLE CARVING Library  			FRUIT & VEGETABLE CARVING 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 Dance Studio   	
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   	



Sports shoes required



Book at Health & Wellness Reception (Ext.3.) in advance of class



Limited number of participants



Intermediate level



Additional charges apply



Moderate to fluent English required

