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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 HAND BUOYS Bathing Pavilion  	AQUA BOX Bathing Pavilion  		AQUA NOODLE Bathing Pavilion  		AQUA HAND BUOYS Bathing Pavilion  	
14.00	UNDERSTANDING SOUND HEALING with Ashely Tan Multi-Function Room   	PILATES REFORMER Pilates Studio 2,000++ THB per person   		CALCIUM MYTHS AND HOW IT AFFECTS BONE HEALTH with Keletso Kelosiwang, ND Multi-Function Room   			
14.00		NAPKIN FOLDING Library  				ACRYLIC PAINTING: PALM LEAF FAN Library  	
15.00	SIVANANDA YOGA Dance Studio	PRANAYAMA Dance Studio 		MOTR 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						HOW TO PROMOTE VAGAL TONE ? Multi-function room   	
17.00	STICK MOBILITY Dance Studio  	MOTR Dance Studio   		MYO COMPRESSION Dance Studio  		ABS EXPRESS 25 MINS Dance Studio	
 Sports shoes required  Book at Health & Wellness Reception (Extg.) in advance of class		 Limited Number of participants		 Intermediate level  Additional charges apply		 Moderate to Fluent English Required	

FRIDAY 25 th JULY		SATURDAY 26 th JULY		SUNDAY 27 th JULY	
05.30				HIKING	★ 👤 🦵 🦶 💰
				Khao Hin Lek Fai Mountain 2,200++ THB per person Meet at the Front Desk	
07.00	HIIT		BOOT CAMP	3 IN 1	
	Dance Studio		In front of Bathing Pavilion	Dance Studio	
08.00	PRANAYAMA		VINYASA YOGA	ENERGY AWAKENING	
	Yoga Pavilion		Yoga Pavilion	Yoga Pavilion	
09.00	STRETCHING		STRETCHING	STRETCHING	
	Yoga Pavilion		Yoga Pavilion	Yoga Pavilion	
10.00	PILATES MAT		SOUND MEDITATION	METAFIT	
	Dance Studio		with Ashely Tan Sound Therapy room (Spa couple massage no. 10)	Dance Studio	
11.00	AQUA BOX		AQUA NOODLE	AQUA HAND BUOYS	
	Bathing Pavilion		Bathing Pavilion	Bathing Pavilion	
14.00			PILATES REFORMER		
			Pilates Studio 2,000++ THB per person		
14.00	THAI PAPER-CUTTING ART (PHUANG MAHOT)		HOW TO MAKE A SEASHELL MOBILE	FLOWER ARRANGING	
	Library		Library	Library	
15.00	BALL & FREE WEIGHT		HATHA YOGA	GENTLE YOGA	
	Dance Studio		Dance Studio	Dance Studio	
16.00	BETTER SLEEP CLASS		TONING BALL	LUMBOPELVIC RHYTHM CLASS	
	Dance Studio		Dance Studio	Dance Studio	
16.00			BEACH PICKLEBALL		
			Beach		
17.00	HIP OPENING YOGA		ABS, BUTTOCKS & THIGHS	MOTR	
	Dance Studio		Dance Studio	Dance Studio	

21st 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