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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 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	FRUIT & VEGETABLE CARVING Library  			FRUIT & VEGETABLE CARVING 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		BEACH VOLLEYBALL   Beach					
17.00	ABS EXPRESS 25 MINS Dance Studio	MOTR    Dance Studio		MYO COMPRESSION   Dance Studio		ABS EXPRESS 25 MINS Dance Studio	
 Sports shoes required  Book at Health & Wellness Reception (Ext3.) in advance of class  Limited Number of participants  Intermediate level  Additional charges apply  Moderate to Fluent English Required							

FRIDAY 1 <sup>st</sup> AUGUST		SATURDAY 2 <sup>nd</sup> AUGUST		SUNDAY 3 <sup>rd</sup> AUGUST	
07.00				GROUP BIKE RIDE Outside Resort 1,800++ THB per person Meet at the Outdoor Pool	
07.00	HIIT Dance Studio	BOOT CAMP In front of Bathing Pavilion		3 IN 1 Dance Studio	
08.00	VINYASA YOGA Yoga Pavilion	PRANAYAMA Yoga Pavilion		GENTLE YOGA 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				HOW TO MAKE A SEASHELL MOBILE Library	
15.00	3 IN 1 Dance Studio	ABS, BUTTOCKS & THIGHS Dance Studio		BALL & FREE WEIGHT Dance Studio	
16.00	NEURODYNAMIC EXERCISE Dance Studio	BETTER SLEEP CLASS Dance Studio		LUMBOPELVIC RHYTHM CLASS Dance Studio	
17.00	HIP OPENING YOGA Dance Studio	MYO COMPRESSION Dance Studio		YOGA – NIDRA (MEDITATION) Dance Studio	

28<sup>th</sup> July – 3<sup>rd</sup> August 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