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7.00	<div>HIIT</div> <div>Dance Studio</div> <div></div>	<div>TAI CHI</div> <div>Yoga Pavilion</div>		<div>3 IN 1</div> <div>Dance Studio</div> <div></div>		<div>TAI CHI</div> <div>Yoga Pavilion</div>	
8.00	<div>HATHA YOGA</div> <div>Yoga Pavilion</div>	<div>VINYASA YOGA</div> <div>Yoga Pavilion</div>		<div>GENTLE YOGA</div> <div>Yoga Pavilion</div>		<div>HATHA YOGA</div> <div>Yoga Pavilion</div>	
9.00	<div>STRETCHING</div> <div>Yoga Pavilion</div> <div></div>	<div>STRETCHING</div> <div>Yoga Pavilion</div> <div></div>		<div>STRETCHING</div> <div>Yoga Pavilion</div> <div></div>		<div>STRETCHING</div> <div>Yoga Pavilion</div> <div></div>	
10.00	<div>PILATES MAT</div> <div>Dance Studio</div>	<div>ABS, BUTTOCKS & THIGHS</div> <div>Dance Studio</div> <div></div>		<div>BALLAST BALL</div> <div>Dance Studio</div> <div></div>		<div>INTERVAL CYCLING</div> <div>Dance Studio</div> <div></div>	
11.00	<div>AQUA NOODLE</div> <div>Bathing Pavilion</div> <div></div>	<div>AQUA HAND BUOYS</div> <div>Bathing Pavilion</div> <div></div>		<div>AQUA BOX</div> <div>Bathing Pavilion</div> <div></div>		<div>AQUA NOODLE</div> <div>Bathing Pavilion</div> <div></div>	
14.00		<div>PILATES REFORMER</div> <div>Pilates Studio</div> <div>2,000++ THB per person</div> <div></div>					
14.00		<div>NAPKIN FOLDING</div> <div>Library</div> <div></div>		<div>FRUIT & VEGETABLE CARVING</div> <div>Library</div> <div></div>		<div>ACRYLIC PAINTING: PALM LEAF FAN</div> <div>Library</div> <div></div>	
15.00	<div>SIVANANDA YOGA</div> <div>Dance Studio</div>	<div>CIRCUIT TRAINING</div> <div>Dance Studio</div> <div></div>		<div>MOTR</div> <div>Dance Studio</div> <div></div>		<div>GENTLE YOGA</div> <div>Dance Studio</div>	
16.00	<div>TONING BALL</div> <div>Dance Studio</div> <div></div>	<div>GYROKINESIS</div> <div>Dance Studio</div> <div></div>		<div>NEUROMUSCULAR EXERCISE</div> <div>Dance Studio</div> <div></div>		<div>INNER CORE EXERCISE</div> <div>Dance Studio</div> <div></div>	
17.00	<div>ABS EXPRESS 25 MINS</div> <div>Dance Studio</div>	<div>PRANAYAMA</div> <div>Dance Studio</div> <div></div>		<div>MYO COMPRESSION</div> <div>Dance Studio</div> <div></div>		<div>ABS EXPRESS 25 MINS</div> <div>Dance Studio</div>	
 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	

