	MONDAY 4 th AUGUST	TUESDAY 5th AUGUST	WEDNESDAY 6 th AUGUST	THURSDAY 7 th AUGUST
7.00	HIIT & C N Dance Studio	TAI CHI Yoga Pavilion	3 IN I 🔶 🛣 🛣 Dance Studio	TAI CHI Yoga Pavilion
8.00	HATHA YOGA Yoga Pavilion	VINYASA YOGA Yoga Pavilion	GENTLE YOGA Yoga Pavilion	HATHA YOGA Yoga Pavilion
9.00	STRETCHING 🛧 L Yoga Pavilion	STRETCHING The second s	STRETCHING * L Yoga Pavilion	STRETCHING 🛧 💄 Yoga Pavilion
10.00	PILATES MAT Dance Studio	ABS, BUTTOCKS & THIGHS 6 🔏 🔌 Dance Studio	BALLAST BALL 🔶 🛣 👗 🕅 Dance Studio	INTERVAL CYCLING * 2 4 1 Dance Studio
11.00	AQUA NOODLE 🛛 🛧 💄 Bathing Pavilion	AQUA HAND BUOYS 🔶 🛓 Bathing Pavilion	AQUA BOX 🖈 💄 Bathing Pavilion	AQUA NOODLE 🛛 ★ 💄 Bathing Pavilion
14.00		PILATES REFORMER ★ \$\$ Pilates Studio 2,000++ THB per person		
14.00		NAPKIN FOLDING 🔶 💄 Library	FRUIT & VEGETABLE CARVING 🛛 🛨 💄	ACRYLIC PAINTING: PALM LEAF FAN Library
15.00	SIVANANDA YOGA Dance Studio	CIRCUIT TRAINING 🛛 🛨 💄 🔌 Dance Studio	MOTR 🗶 🛣 🔓 Dance Studio	GENTLE YOGA Dance Studio
16.00	TONING BALL 🖈 💄 Dance Studio	GYROKINESIS 🖈 💄 Dance Studio	NEUROMUSCULAR EXERCISE 🛛 🛨 👗 💪 Dance Studio	INNER CORE EXERCISE * * * * * * * * *
17.00	ABS EXPRESS 25 MINS Dance Studio	PRANAYAMA 😥 Dance Studio	MYO COMPRESSION 🔶 💄 Dance Studio	ABS EXPRESS 25 MINS Dance Studio
*	Sports shoes required 🛛 🔶 Book at Health & We	ellness Reception (Ext3.) in advance of class 🛛 💄 Limited Number	of participants 💪 Intermediate level 💲 Additional	charges apply 😥 Moderate to Fluent English Required

	FRIDAY 8 th AUGUST	SATURDAY 9th AUGUST	SUNDAY 10 th AUGUST	4 ^m – 10 ^m August 2025 م ^m
05.30			HIKING * 2 6 5 Khao Hin Lek Fai Mountain 2,200++ THB per person Meet at the Front Desk	CLASS & ACTIVITIES
07.00	HIIT 💪 🌂 Dance Studio	BOOT CAMP & In front of Bathing Pavilion	TAI CHI Yoga Pavilion	
08.00	VINYASA YOGA Yoga Pavilion	HATHA YOGA Yoga Pavilion	GENTLE YOGA Yoga Pavilion	
09.00	STRETCHING 🗙 🛓 Yoga Pavilion	STRETCHING 🗙 🛣 Yoga Pavilion	STRETCHING 🛧 💄 Yoga Pavilion	luos-vaių)
10.00	PILATES MAT Dance Studio	FREE FORM 🜟 💄 🜂 Dance Studio	METAFIT & 💪 🔨 Dance Studio	
11.00	AQUA HAND BUOYS 🔶 🛓 Bathing Pavilion	AQUA BOX ★	AQUA NOODLE 🛨 🛓 Bathing Pavilion	
14.00		PILATES REFORMER 🗶 💲 Pilates Studio 2,000++ THB per person		Some classes incur an additional charge-please reserve a place with the Health & Wellness Reception (Ext. 3). Please shower before taking part in
14.00	THAI PAPER-CUTTING ART (PHUANG MAHOT) Library	FLOWER ARRANGING 🛨 💄 Library	HOW TO MAKE A SEASHELL MOBILE Library	water activities; tie up long hair or use a bathing cap. Class instructors may change without prior notice.
15.00	3 IN I 🖈 よ 🔌 Dance Studio	ABS, BUTTOCKS & THIGHS 6 1	BALL & FREE WEIGHT 🛛 ★ 💄 🐧 Dance Studio	No-shows or cancellations with less than 3 hours advance notice will incur a 50% cancellation fee.
16.00	NEURODYNAMIC EXERCISE Dance Studio	BETTER SLEEP CLASS *	LUMBOPELVIC RHYTHM CLASS 🛛 🛧 💄 Dance Studio	Taste of Siam BREAKFAST 07:00 - 10:30 LUNCH 12:00 - 14:30
17.00	MYO COMPRESSION 🛛 ★ 💄 Dance Studio	EVENING STRETCH Dance Studio	ABS EXPRESS 25 MINS Dance Studio	DINNER 18:00 - 21:00