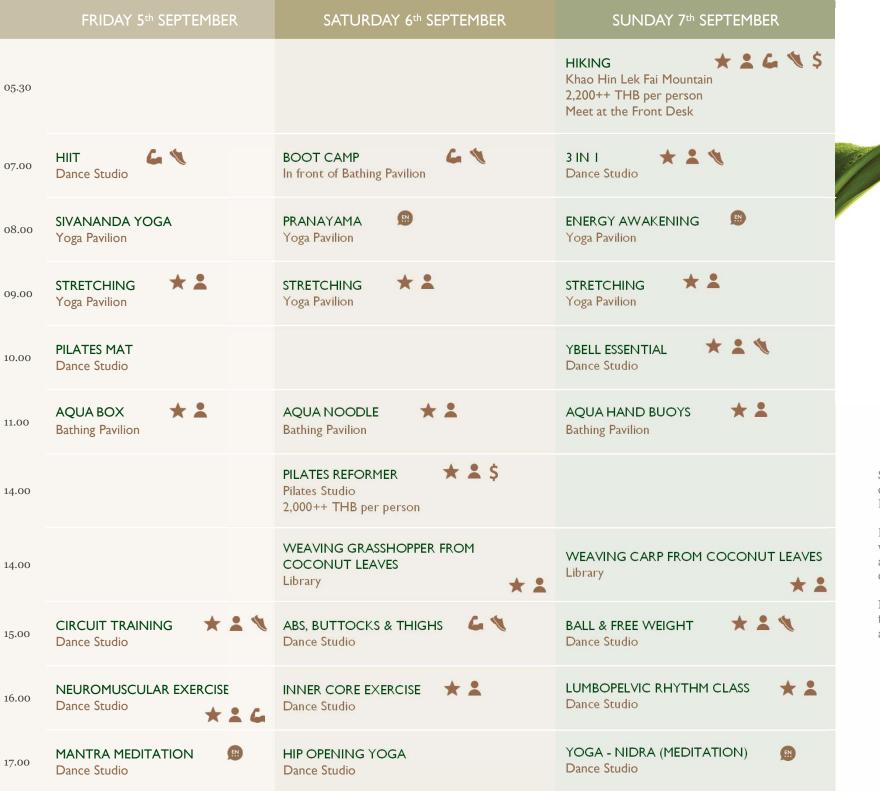
	MONDAY 1st SEPTEMBER	TUESDAY 2 nd SEPTEMBER	WEDNESDAY 3 rd SEPTEMBER	THURSDAY 4th SEPTEMBER
7.00	HIIT	TAI CHI Yoga Pavilion	3 IN I Dance Studio	TAI CHI Yoga Pavilion
8.00	HATHA YOGA Yoga Pavilion	GENTLE YOGA Yoga Pavilion	VINYASA YOGA Yoga Pavilion	HATHA YOGA Yoga Pavilion
9.00	STRETCHING * * * Yoga 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	AQUABOX ** & & Bathing Pavilion	AQUA NOODLE Bathing Pavilion	AQUA HAND BUOYS Bathing Pavilion
14.00		PILATES REFORMER Pilates Studio 2,000++ THB per person		
14.00	FRUIT & VEGETABLE CARVING Library		FRUIT & VEGETABLE CARVING ** \(\pm\$ Library	ACRYLIC PAINTING: PALM LEAF FAN Library
15.00	FREE FORM Dance Studio	CIRCUIT TRAINING ** & L	MOTR * L &	YBELL ESSENTIAL Dance Studio
16.00	TONING BALL Dance Studio	BETTER SLEEP CLASS Dance Studio	GYROKINESIS Dance Studio	TOTAL BODY INSTABILITY Dance Studio
17.00	ABS EXPRESS 25 MINS Dance Studio	PRANAYAMA Dance Studio	MYO COMPRESSION Dance Studio	ABS EXPRESS 25 MINS Dance Studio
*	Sports shoes required	llness Reception (Ext3.) in advance of class Limited Number	of participants 💪 Intermediate level 💲 Additional	charges apply Moderate to Fluent English Required



 $T_{ef} - V_{fp}$ September 2025

SCHEDN

CLASS & ACTIVITIES





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