





































































MONDAY 1 <sup>st</sup> SEPTEMBER		TUESDAY 2 <sup>nd</sup> SEPTEMBER		WEDNESDAY 3 <sup>rd</sup> SEPTEMBER		THURSDAY 4 <sup>th</sup> SEPTEMBER	
7.00	<b>HIIT</b> Dance Studio  	<b>TAI CHI</b> Yoga Pavilion		<b>3 IN 1</b> Dance Studio   		<b>TAI CHI</b> Yoga Pavilion	
8.00	<b>HATHA YOGA</b> Yoga Pavilion	<b>GENTLE YOGA</b> Yoga Pavilion		<b>VINYASA YOGA</b> Yoga Pavilion		<b>HATHA YOGA</b> Yoga Pavilion	
9.00	<b>STRETCHING</b> Yoga Pavilion  	<b>STRETCHING</b> Yoga Pavilion  		<b>STRETCHING</b> Yoga Pavilion  		<b>STRETCHING</b> Yoga Pavilion  	
10.00	<b>PILATES MAT</b> Dance Studio	<b>ABS, BUTTOCKS &amp; THIGHS</b> Dance Studio  		<b>BALLAST BALL</b> Dance Studio   		<b>INTERVAL CYCLING</b> Dance Studio    	
11.00	<b>AQUA HAND BUOYS</b> Bathing Pavilion  	<b>AQUA BOX</b> Bathing Pavilion  		<b>AQUA NOODLE</b> Bathing Pavilion  		<b>AQUA HAND BUOYS</b> Bathing Pavilion  	
14.00		<b>PILATES REFORMER</b> Pilates Studio 2,000++ THB per person   					
14.00	<b>FRUIT &amp; VEGETABLE CARVING</b> Library  			<b>FRUIT &amp; VEGETABLE CARVING</b> Library  		<b>ACRYLIC PAINTING: PALM LEAF FAN</b> Library  	
15.00	<b>FREE FORM</b> Dance Studio   	<b>CIRCUIT TRAINING</b> Dance Studio  		<b>MOTR</b> Dance Studio   		<b>YBELL ESSENTIAL</b> Dance Studio   	
16.00	<b>TONING BALL</b> Dance Studio  	<b>BETTER SLEEP CLASS</b> Dance Studio  		<b>GYROKINESIS</b> Dance Studio  		<b>TOTAL BODY INSTABILITY</b> Dance Studio  	
17.00	<b>ABS EXPRESS 25 MINS</b> Dance Studio	<b>PRANAYAMA</b> Dance Studio  		<b>MYO COMPRESSION</b> Dance Studio  		<b>ABS EXPRESS 25 MINS</b> 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 5 <sup>th</sup> SEPTEMBER	SATURDAY 6 <sup>th</sup> SEPTEMBER	SUNDAY 7 <sup>th</sup> SEPTEMBER
05.30		<b>HIKING</b> ★ 👤 🧳 🦶 💰 Khao Hin Lek Fai Mountain 2,200++ THB per person Meet at the Front Desk
07.00	<b>HIIT</b> 🧳 🦶 Dance Studio	<b>3 IN 1</b> ★ 👤 🦶 Dance Studio
08.00	<b>SIVANANDA YOGA</b> Yoga Pavilion	<b>PRANAYAMA</b> 🗨️ Yoga Pavilion
09.00	<b>STRETCHING</b> ★ 👤 Yoga Pavilion	<b>ENERGY AWAKENING</b> 🗨️ Yoga Pavilion
10.00	<b>PILATES MAT</b> Dance Studio	<b>STRETCHING</b> ★ 👤 Yoga Pavilion
11.00	<b>PIBEL ESSENTIAL</b> ★ 👤 🦶 Dance Studio	<b>AQUA BOX</b> ★ 👤 Bathing Pavilion
14.00	<b>AQUA NOODLE</b> ★ 👤 Bathing Pavilion	<b>AQUA HAND BUOYS</b> ★ 👤 Bathing Pavilion
14.00	<b>PILATES REFORMER</b> ★ 👤 💰 Pilates Studio 2,000++ THB per person	
15.00	<b>WEAVING GRASSHOPPER FROM COCONUT LEAVES</b> Library ★ 👤	<b>WEAVING CARP FROM COCONUT LEAVES</b> Library ★ 👤
16.00	<b>CIRCUIT TRAINING</b> ★ 👤 🦶 Dance Studio	<b>ABS, BUTTOCKS &amp; THIGHS</b> 🧳 🦶 Dance Studio
17.00	<b>NEUROMUSCULAR EXERCISE</b> ★ 👤 🧳 Dance Studio	<b>BALL &amp; FREE WEIGHT</b> ★ 👤 🦶 Dance Studio
	<b>MANTRA MEDITATION</b> 🗨️ Dance Studio	<b>LUMBOPELVIC RHYTHM CLASS</b> ★ 👤 Dance Studio
	<b>HIP OPENING YOGA</b> Dance Studio	<b>YOGA - NIDRA (MEDITATION)</b> 🗨️ Dance Studio

1<sup>st</sup> – 7<sup>th</sup> September 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