

FRIDAY 15 th AUGUST		SATURDAY 16 th AUGUST	SUNDAY 17 th 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	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
10.00	ANTI-AGING FACE & NECK SCULPTING EXERCISE with Masa Sugiyama Dance Studio ★ 👤 EN	FREE FORM ★ 👤 🚲 Yoga Pavilion	METAFIT 👤 🚲 Dance Studio
11.00	AQUA BOX ★ 👤 Bathing Pavilion	AQUA NOODLE ★ 👤 Bathing Pavilion	AQUA HAND BUOYS ★ 👤 Bathing Pavilion
14.00		PILATES REFORMER ★ 👤 \$ Pilates Studio 2,000++ THB per person	
14.00		WEAVING CARP FROM COCONUT LEAVES Library ★ 👤	FLOWER ARRANGING ★ 👤 Library
15.00	3 IN 1 ★ 👤 🚲 Dance Studio	ABS, BUTTOCKS & THIGHS 👤 🚲 Dance Studio	BALL & FREE WEIGHT ★ 👤 🚲 Dance Studio
16.00			FALL PREVENTION FOR OLDER ADULTS Multi-function room ★ 👤 EN
16.00	NEURODYNAMIC EXERCISE Dance Studio ★ 👤	BETTER SLEEP CLASS ★ 👤 Dance Studio	LUMBOPELVIC RHYTHM CLASS ★ 👤 Dance Studio
17.00	EVENING STRETCH Dance Studio	PRANAYAMA EN Dance Studio	MOTR ★ 👤 🚲 Dance Studio

11th – 17th 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