	MONDAY 11th AUGUST	TUESDAY 12th AUGUST	WEDNESDAY 13th AUGUST	THURSDAY 14th AUGUST		
7.00	HIIT	TAI CHI Yoga Pavilion	3 IN I Dance Studio	TAI CHI Yoga Pavilion		
8.00	HATHA YOGA Yoga Pavilion	VINYASA YOGA Yoga Pavilion	SOUND BATH THE SYMPHONY OF INNER HARMONY WITH CRYSTAL SINGING BOWLS with Jang Kanlayanee Sound Therapy room (Spa couple massage no. 10)	HATHA YOGA Yoga Pavilion		
9.00	STRETCHING ** ** Yoga Pavilion	STRETCHING Yoga Pavilion	STRETCHING *	STRETCHING ** \(\bigs\) \(\bigs\) \(\bigs\) \(\bigs\) \(\bigs\) \(\bigs\)		
10.00	PILATES MAT Dance Studio	ANTI-AGING FACE & NECK SCULPTING EXERCISE with Masa Sugiyama Dance Studio	BALLAST BALL Dance Studio	INTERVAL CYCLING Dance Studio		
11.00	AQUA HAND BUOYS Bathing Pavilion	AQUA BOX Bathing Pavilion	AQUA NOODLE Bathing Pavilion	AQUA HAND BUOYS Bathing Pavilion		
14.00	FACIAL SHAPING WITH POSTURE CORRECTION with Masa Sugiyama Multi-function room	PILATES REFORMER Pilates Studio 2,000++ THB per person	WHAT ARE CHAKRA MUDRAS AND SOUND HEALING with Jang Kanlayanee Mult-function room	INTRODUCTION TO TTM AND DIY THAI HERB INHALER Multi-function room		
14.00	FRUIT & VEGETABLE CARVING Library		FRUIT & VEGETABLE CARVING Library	ACRYLIC PAINTING: PALM LEAF FAN Library		
15.00	FREE FORM 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 Dance Studio		
16.00		TIBETAN BOWL SOUND BATH Sound Therapy room (Spa couple massage room no. 10)				
17.00	ABS EXPRESS 25 MINS Dance Studio	MYO COMPRESSION Dance Studio	PRANAYAMA Dance Studio	ABS EXPRESS 25 MINS Dance Studio		
*	Sports shoes required \bigstar Book at Health & Wellness Reception (Ext3.) in advance of class Limited Number of participants Limited Number of participants Additional charges apply Moderate to Fluent English Required					

	FRIDAY 15 th AUGUST	SATURDAY 16 th AUGUST	SUNDAY 17th AUGUST
	TRIDAL 13 AUGUST	3A10RDA110 A00031	
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	FREE FORM Yoga Pavilion	METAFIT
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 I	ABS, BUTTOCKS & THIGHS Dance Studio	BALL & FREE WEIGHT Dance Studio
16.00			FALL PREVENTION FOR OLDER ADULTS Multi-function room
16.00	NEURODYNAMIC EXERCISE Dance Studio ***	BETTER SLEEP CLASS Dance Studio	LUMBOPELVIC RHYTHM CLASS Dance Studio
17.00	EVENING STRETCH Dance Studio	PRANAYAMA Dance Studio	MOTR Dance Studio

 $11^{th} - 17^{th}$ 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