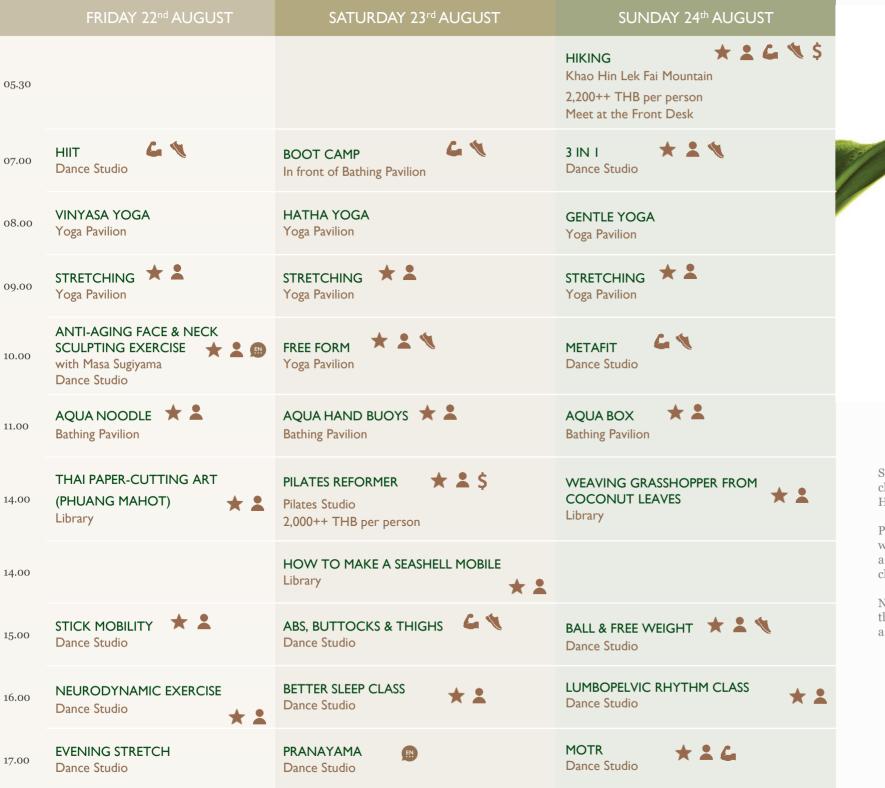
	MONDAY 18th AUGUST	TUESDAY 19th AUGUST	WEDNESDAY 20th AUGUST	THURSDAY 21st AUGUST
7.00	HIIT Lance Studio	TAI CHI Yoga Pavilion	3 IN I	TAI CHI Yoga Pavilion
8.00	HATHA YOGA Yoga Pavilion	VINYASA YOGA Yoga Pavilion	GENTLE YOGA Yoga Pavilion	HATHA YOGA Yoga Pavilion
9.00	STRETCHING * * * * Yoga Pavilion	STRETCHING ** ** Yoga Pavilion	STRETCHING ** ** Yoga Pavilion	STRETCHING * * * Yoga Pavilion
10.00	ANTI-AGING FACE & NECK SCULPTING EXERCISE with Masa Sugiyama Dance Studio	ABS, BUTTOCKS & THIGHS Dance Studio	BALLAST BALL Dance Studio	INTERVAL CYCLING * L L N
11.00	AQUA BOX	AQUA NOODLE ** ** Bathing Pavilion	AQUA HAND BUOYS * & Bathing Pavilion	AQUA BOX Bathing Pavilion
14.00		PILATES REFORMER		THAI HERBAL INHALER: CREATE YOUR OWN HEALING BLEND with L-ATTM Doctor Multi-function room
14.00		NAPKIN FOLDING * Library	FACIAL SHAPING WITH POSTURE CORRECTION with Masa Sugiyama Multi-function room	FACIAL SHAPING WITH POSTURE CORRECTION with Masa Sugiyama Multi-function room
14.00			FRUIT & VEGETABLE CARVING Library	ACRYLIC PAINTING: PALM LEAF FAN Library
15.00	FREE FORM	CIRCUIT TRAINING * * * * * * * * * * * * * * * * * * *	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
17.00	ABS EXPRESS 25 MINS Dance Studio	EVENING STRETCH Dance Studio	MYO COMPRESSION * L 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



18m – 24m August 2025

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