

MONDAY 18 th AUGUST		TUESDAY 19 th AUGUST		WEDNESDAY 20 th AUGUST		THURSDAY 21 st AUGUST	
7.00	<div>HIIT</div> <div>Dance Studio</div> <div>👟👤</div>	<div>TAI CHI</div> <div>Yoga Pavilion</div>		<div>3 IN 1</div> <div>Dance Studio</div> <div>★👤👟</div>		<div>TAI CHI</div> <div>Yoga Pavilion</div>	
8.00	<div>HATHA YOGA</div> <div>Yoga Pavilion</div>	<div>VINYASA YOGA</div> <div>Yoga Pavilion</div>		<div>GENTLE YOGA</div> <div>Yoga Pavilion</div>		<div>HATHA YOGA</div> <div>Yoga Pavilion</div>	
9.00	<div>STRETCHING</div> <div>Yoga Pavilion</div> <div>★👤</div>	<div>STRETCHING</div> <div>Yoga Pavilion</div> <div>★👤</div>		<div>STRETCHING</div> <div>Yoga Pavilion</div> <div>★👤</div>		<div>STRETCHING</div> <div>Yoga Pavilion</div> <div>★👤</div>	
10.00	<div>ANTI-AGING FACE & NECK SCULPTING EXERCISE</div> <div>with Masa Sugiyama</div> <div>Dance Studio</div> <div>★👤🗣️</div>	<div>ABS, BUTTOCKS & THIGHS</div> <div>Dance Studio</div> <div>👟👤</div>		<div>BALLAST BALL</div> <div>Dance Studio</div> <div>★👤👟</div>		<div>INTERVAL CYCLING</div> <div>Dance Studio</div> <div>★👤👟👤</div>	
11.00	<div>AQUA BOX</div> <div>Bathing Pavilion</div> <div>★👤</div>	<div>AQUA NOODLE</div> <div>Bathing Pavilion</div> <div>★👤</div>		<div>AQUA HAND BUOYS</div> <div>Bathing Pavilion</div> <div>★👤</div>		<div>AQUA BOX</div> <div>Bathing Pavilion</div> <div>★👤</div>	
14.00		<div>PILATES REFORMER</div> <div>Pilates Studio</div> <div>2,000++ THB per person</div> <div>★👤💰</div>				<div>THAI HERBAL INHALER: CREATE YOUR OWN HEALING BLEND</div> <div>with L-ATTM Doctor</div> <div>Multi-function room</div> <div>★👤🗣️</div>	
14.00		<div>NAPKIN FOLDING</div> <div>Library</div> <div>★👤</div>		<div>FACIAL SHAPING WITH POSTURE CORRECTION</div> <div>with Masa Sugiyama</div> <div>Multi-function room</div> <div>★👤🗣️</div>		<div>FACIAL SHAPING WITH POSTURE CORRECTION</div> <div>with Masa Sugiyama</div> <div>Multi-function room</div> <div>★👤🗣️</div>	
14.00				<div>FRUIT & VEGETABLE CARVING</div> <div>Library</div> <div>★👤</div>		<div>ACRYLIC PAINTING: PALM LEAF FAN</div> <div>Library</div> <div>★👤</div>	
15.00	<div>FREE FORM</div> <div>Dance Studio</div> <div>★👤👟</div>	<div>CIRCUIT TRAINING</div> <div>Dance Studio</div> <div>★👤</div>		<div>MOTR</div> <div>Dance Studio</div> <div>★👤👟</div>		<div>GENTLE YOGA</div> <div>Dance Studio</div>	
16.00	<div>TONING BALL</div> <div>Dance Studio</div> <div>★👤</div>	<div>GYROKINESIS</div> <div>Dance Studio</div> <div>★👤</div>		<div>NEUROMUSCULAR EXERCISE</div> <div>Dance Studio</div> <div>★👤</div>		<div>INNER CORE EXERCISE</div> <div>Dance Studio</div> <div>★👤</div>	
17.00	<div>ABS EXPRESS 25 MINS</div> <div>Dance Studio</div>	<div>EVENING STRETCH</div> <div>Dance Studio</div>		<div>MYO COMPRESSION</div> <div>Dance Studio</div> <div>★👤</div>		<div>ABS EXPRESS 25 MINS</div> <div>Dance Studio</div>	
<div>👟</div> Sports shoes required <div>★</div> Book at Health & Wellness Reception (Ext3.) in advance of class		<div>👤</div> Limited Number of participants		<div>👟</div> Intermediate level <div>💰</div> Additional charges apply		<div>🗣️</div> Moderate to Fluent English Required	

FRIDAY 22 nd AUGUST		SATURDAY 23 rd AUGUST		SUNDAY 24 th AUGUST	
05.30				HIKING	★ 👤 🏋️ 🧘 \$
				Khao Hin Lek Fai Mountain	
				2,200++ THB per person	
				Meet at the Front Desk	
07.00	HIIT Dance Studio		BOOT CAMP In front of Bathing Pavilion	3 IN 1 Dance Studio	★ 👤 🧘
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 Dance Studio	🏋️ 🧘
11.00	AQUA NOODLE Bathing Pavilion	★ 👤	AQUA HAND BUOYS Bathing Pavilion	AQUA BOX Bathing Pavilion	★ 👤
14.00	THAI PAPER-CUTTING ART (PHUANG MAHOT) Library	★ 👤	PILATES REFORMER Pilates Studio	WEAVING GRASSHOPPER FROM COCONUT LEAVES Library	★ 👤
14.00			HOW TO MAKE A SEASHELL MOBILE Library		★ 👤
15.00	STICK MOBILITY Dance Studio	★ 👤	ABS, BUTTOCKS & THIGHS Dance Studio	BALL & FREE WEIGHT Dance Studio	★ 👤 🧘
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	★ 👤 🏋️

18th – 24th 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