



























































































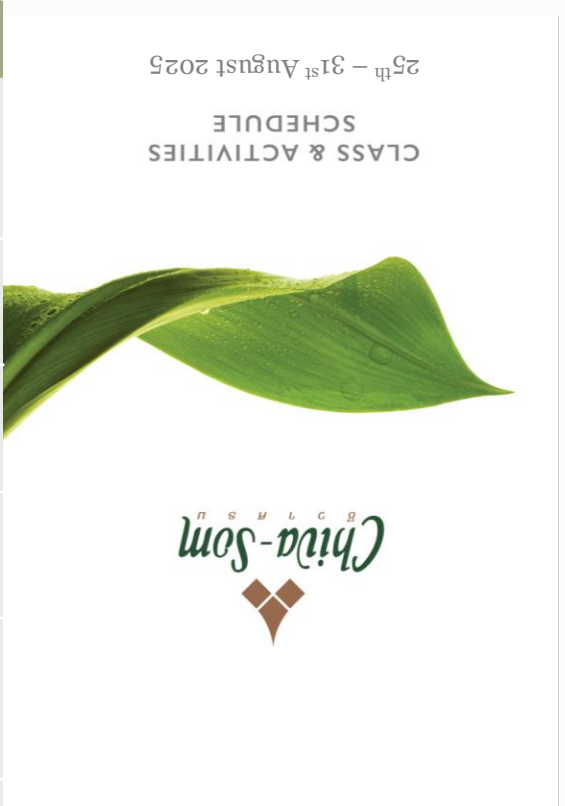


MONDAY 25 th AUGUST		TUESDAY 26 th AUGUST		WEDNESDAY 27 th AUGUST		THURSDAY 28 th AUGUST	
7.00	HIIT Dance Studio  	TAI CHI Yoga Pavilion		3 IN 1 Dance Studio   		STRONGER BONES THROUGH RUNNING with Natalie Dau Beach    	
8.00	HATHA YOGA Yoga Pavilion	VINYASA YOGA Yoga Pavilion		GENTLE YOGA Yoga Pavilion		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   	OVER 40 AND STRONG with Natalie Dau Dance Studio    		FUNCTIONAL FITNESS FOR LONGEVITY with Natalie Dau Re-functional Studio    		INTERVAL CYCLING Dance Studio    	
11.00	AQUA NOODLE Bathing Pavilion  	AQUA HAND BUOYS Bathing Pavilion  		AQUA BOX Bathing Pavilion  		AQUA NOODLE Bathing Pavilion  	
14.00		PILATES REFORMER Pilates Studio 2,000++ THB per person   		FACIAL SHAPING WITH POSTURE CORRECTION with Masa Sugiyama Multi-function room   		SECRETS TO BEING YOUR BEST SELF AT ANY AGE with Natalie Dau Library   	
14.00				SELF CARE FOR EMOTIONAL AND MENTAL HEALTH with Down Sim Library   			
14.00	FRUIT & VEGETABLE CARVING Library  	THAI HERBAL HAIR MASK WORKSHOP Hair Studio   		FRUIT & VEGETABLE CARVING Orchid Lounge  		ACRYLIC PAINTING: PALM LEAF FAN Orchid Lounge  	
15.00	FREE FORM Dance Studio   	CIRCUIT TRAINING Dance Studio   		YBELL ESSENTIAL Dance Studio   		CIRCUIT TRAINING Dance Studio   	
16.00	TONING BALL Dance Studio  	GYROKINESIS Dance Studio  		NEUROMUSCULAR EXERCISE Dance Studio   		INNER CORE EXERCISE Dance Studio  	
16.00						HOW TO PROMOTE VAGAL TONE ? Multi-function room   	
17.00	ABS EXPRESS 25 MINS Dance Studio	SOUNDBATH AND BREATHWORK with Down Sim Dance Studio   		JOURNALING AND SOUNDBATH with Down Sim Dance Studio   		INTENTION SETTING AND YOGA with Down Sim Dance Studio   	
 Sports shoes required  Book at Health & Wellness Reception (Ext.3.) in advance of class		 Limited Number of participants		 Intermediate level  Additional charges apply		 Moderate to Fluent English Required	

FRIDAY 29 th AUGUST		SATURDAY 30 th AUGUST		SUNDAY 31 st AUGUST	
07.00				GROUP BIKE RIDE Outside Resort 1,800++ THB per person Meet at the Outdoor Pool	★ 👤 🚲 \$
07.00	MIIT Dance Studio 🏋️ 🚲	BOOT CAMP In front of Bathing Pavilion 🏋️ 🚲		TAI CHI Yoga Pavilion	
08.00	VINYASA YOGA Yoga Pavilion	PRANAYAMA 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 ★ 👤 🗨️	YBELL ESSENTIAL Dance Studio ★ 👤 🚲		METAFIT Dance Studio 🏋️ 🚲	
11.00	AQUA HAND BUOYS Bathing Pavilion ★ 👤	AQUA BOX Bathing Pavilion ★ 👤		AQUA NOODLE Bathing Pavilion ★ 👤	
14.00	HOLISTIC PERSPECTIVE FOR WOMEN'S HEALTH with Natalie Dau, Down Sim and Patience Sangwa Library ★ 👤 🗨️	PILATES REFORMER Pilates Studio 2,000++ THB per person ★ 👤 \$			
14.00		FLOWER ARRANGING Library ★ 👤		WEAVING CARP FROM COCONUT LEAVES Library ★ 👤	
15.00	GENTLE YOGA 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	HATHA TOGA Dance Studio		MYO COMPRESSION Dance Studio ★ 👤	



25th – 31st 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