

MONDAY 15 th SEPTEMBER		TUESDAY 16 th SEPTEMBER		WEDNESDAY 17 th SEPTEMBER		THURSDAY 18 th SEPTEMBER	
7.00	MIIT Dance Studio <div>   </div>	TAI CHI Yoga Pavilion		3 IN 1 Dance Studio <div>    </div>		TAI CHI Yoga Pavilion	
8.00	HATHA YOGA Yoga Pavilion	CENTERLINE MEDITATION with Ville Lehtonen Yoga Pavilion <div>    </div>		SOUND BATH MEDITATION with Rajeshwari Nerurkar Yoga Pavilion <div>    </div>		HATHA YOGA Yoga Pavilion	
9.00	STRETCHING Yoga Pavilion <div>   </div>	STRETCHING Yoga Pavilion <div>   </div>		STRETCHING Yoga Pavilion <div>   </div>		STRETCHING Yoga Pavilion <div>   </div>	
10.00	PILATES MAT Dance Studio	ABS, BUTTOCKS & THIGHS Dance Studio <div>   </div>		BALLAST BALL Dance Studio <div>    </div>		PILATES MAT Dance Studio	
11.00	AQUA NOODLE Bathing Pavilion <div>   </div>	AQUA HAND BUOYS Bathing Pavilion <div>   </div>		AQUA BOX Bathing Pavilion <div>   </div>		AQUA NOODLE Bathing Pavilion <div>   </div>	
14.00		PILATES REFORMER Pilates Studio 2,000++ THB per person <div>    </div>		PROGESTERONE AND WOMEN'S & MEN'S HEALTH with Keletso Kelosiwang, ND. Multi-function room <div>    </div>		AYURVEDIC PERSPECTIVE ON WOMEN 'HEALTH' with Rajeshwari Nerurkar Multi-function room <div>    </div>	
14.00	SELF – HAND PRESSURE POINT WORKSHOP Library <div>    </div>	NAPKIN FOLDING Library <div>   </div>		FRUIT & VEGETABLE CARVING Library <div>   </div>		ACRYLIC PAINTING: PALM LEAF FAN Library <div>   </div>	
15.00	SIVANANDA YOGA Dance Studio	CIRCUIT TRAINING Dance Studio <div>     </div>		YBELL ESSENTIAL Dance Studio <div>    </div>		MOTR Dance Studio <div>    </div>	
16.00	TONING BALL Dance Studio <div>   </div>	BETTER SLEEP CLASS Dance Studio <div>   </div>		GYROKINESIS Dance Studio <div>   </div>		TOTAL BODY INSTABILITY Dance Studio <div>   </div>	
16.00		TIBETAN BOWLS SOUND BATH with Holistic Therapist Sound Therapy room (Spa couple massage room no. 10) <div>    </div>					
17.00	ABS EXPRESS 25 MINS Dance Studio	PRANAYAMA Dance Studio <div>  </div>		MYO COMPRESSION Dance Studio <div>   </div>		ABS EXPRESS 25 MINS Dance Studio	
 Sports shoes required		 Book at Health & Wellness Reception (Extg.) in advance of class		 Limited Number of participants		 Intermediate level	
				 Additional charges apply		 Moderate to Fluent English Required	

FRIDAY 19 th SEPTEMBER		SATURDAY 20 th SEPTEMBER		SUNDAY 21 st SEPTEMBER	
05.30			HIKING		★ 👤 🦵 🦶 💰
			Khao Hin Lek Fai Mountain		2,200++ THB per person Meet at the Front Desk
07.00	HIIT		BOOT CAMP		★ 👤 🦵 🦶
	Dance Studio		In front of Bathing Pavilion		
08.00	CENTERLINE MEDITATION		PRANAYAMA		★ 👤 🗣️
	with Ville Lehtonen		Yoga Pavilion		
09.00	STRETCHING		STRETCHING		★ 👤
	Yoga Pavilion		Yoga Pavilion		
10.00	INTERVAL CYCLING		META FIT		★ 👤 🦵 🦶
	Dance Studio		Dance Studio		
11.00	AQUA HAND BUOYS		AQUA BOX		★ 👤
	Bathing Pavilion		Bathing Pavilion		
14.00			PILATES REFORMER		★ 👤 💰
			Pilates Studio		2,000++ THB per person
14.00			HOW TO MAKE A SEASHELL MOBILE		★ 👤
			Library		
15.00	VINYASA YOGA		ABS, BUTTOCKS & THIGHS		★ 👤 🦵 🦶
	Dance Studio		Dance Studio		
16.00	NEUROMUSCULAR EXERCISE		INNER CORE EXERCISE		★ 👤
	Dance Studio		Dance Studio		
17.00	CIRCUIT TRAINING		HIP OPENING YOGA		★ 👤 🦵 🦶
	Dance Studio		Dance Studio		
			YOGA – NIDRA (MEDITATION)		★ 👤 🗣️
			Dance Studio		

15th – 21st September 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