

	FRIDAY 26 th SEPTEMBER	SATURDAY 27 th SEPTEMBER	SUNDAY 28 th SEPTEMBER
07.00			GROUP BIKE RIDE ★ 人 手 \$ Outside Resort 1,800++ THB per person Meet at the Outdoor Pool
07.00	HIIT 人 手 Dance Studio	BOOT CAMP 人 手 In front of Bathing Pavilion	3 IN 1 ★ 人 手 Dance Studio
08.00	CENTERLINE MEDITATION with Ville Lehtonen Yoga Pavilion ★ 人 EN	PRANAYAMA EN Yoga Pavilion	ENERGY AWAKENING EN Yoga Pavilion
09.00	STRETCHING ★ 人 Yoga Pavilion	STRETCHING ★ 人 Yoga Pavilion	STRETCHING ★ 人 Yoga Pavilion
10.00	FREE FORM ★ 人 手 Dance Studio	INTERVAL CYCLING ★ 人 人 手 手 Dance Studio	YBELL ESSENTIAL ★ 人 手 Dance Studio
11.00	AQUA BOX ★ 人 Bathing Pavilion	AQUA NOODLE ★ 人 Bathing Pavilion	AQUA HAND BUOYS ★ 人 Bathing Pavilion
14.00		PILATES REFORMER ★ 人 \$ Pilates Studio 2,000++ THB per person	
14.00	THAI PAPER-CUTTING ART (PHUANG MAHOT) Library ★ 人	WEAVING CARP FROM COCONUT LEAVES Library ★ 人	WEAVING GRASSHOPPER FROM COCONUT LEAVES Library ★ 人
15.00	VINYASA YOGA Dance Studio	ABS, BUTTOCKS & THIGHS 人 手 Dance Studio	BALL & FREE WEIGHT ★ 人 手 Dance Studio
16.00	NEUROMUSCULAR EXERCISE Dance Studio ★ 人 人	INNER CORE EXERCISE ★ 人 Dance Studio	LUMBOPELVIC RHYTHM CLASS ★ 人 Dance Studio
17.00	EVENING STRETCH Dance Studio	HIP OPENING YOGA Dance Studio	YOGA – NIDRA (MEDITATION) EN Dance Studio

22nd 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