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7.00	MIIT Dance Studio <div>   </div>	TAI CHI Dance Studio		3 IN 1 Dance Studio <div>    </div>		TAI CHI Dance Studio	
8.00	SOUND BATH MEDITATION with Rajeshwari Nerurkar Dance Studio <div>    </div>	CENTERLINE MEDITATION with Ville Lehtonen Dance Studio <div>    </div>		GENTLE YOGA Dance Studio		HATHA YOGA Dance Studio	
9.00	STRETCHING Dance Studio <div>   </div>	STRETCHING Dance Studio <div>   </div>		STRETCHING Dance Studio <div>   </div>		STRETCHING Dance Studio <div>   </div>	
10.00	ANTI-AGING FACE & NECK SCULPTING EXERCISE with Masa Sugiyama Dance Studio <div>    </div>	ABS, BUTTOCKS & THIGHS Dance Studio <div>   </div>		BALLAST BALL Dance Studio <div>    </div>		PILATES MAT Dance Studio	
11.00	AQUA BOX Bathing Pavilion <div>   </div>	AQUA NOODLE Bathing Pavilion <div>   </div>		AQUA HAND BUOYS Bathing Pavilion <div>   </div>		AQUA BOX Bathing Pavilion <div>   </div>	
14.00		PILATES REFORMER Pilates Studio 2,000++ THB per person <div>    </div>		FACIAL SHAPING WITH POSTURE CORRECTION with Masa Sugiyama Multi-function room <div>    </div>		AYURVEDIC PERSPECTIVE ON WOMEN 'HEALTH' with Rajeshwari Nerurkar Multi-function room <div>    </div>	
14.00		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				HOW TO PROMOTE VAGAL TONE ? Multi-function room <div>    </div>			
17.00	ABS EXPRESS 25 MINS Dance Studio	PRANAYAMA Dance Studio		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 12 th SEPTEMBER		SATURDAY 13 th SEPTEMBER		SUNDAY 14 th SEPTEMBER	
07.00				GROUP BIKE RIDE ★ 👤 🧤 \$ Outside Resort 1,800++ THB per person Meet at the Outdoor Pool	
07.00	BOOT CAMP 👊 🧤 In front of Bathing Pavilion	MIIT 👊 🧤 Dance Studio		3 IN 1 ★ 👤 🧤 Dance Studio	
08.00	CENTERLINE MEDITATION with Ville Lehtonen Dance Studio ★ 👤 EN	PRANAYAMA EN Dance Studio		SOUND BATH MEDITATION with Rajeshwari Nerurkar Dance Studio ★ 👤 EN	
09.00	STRETCHING ★ 👤 Dance Studio	STRETCHING ★ 👤 Dance Studio		STRETCHING ★ 👤 Dance Studio	
10.00	ANTI-AGING FACE & NECK SCULPTING EXERCISE with Masa Sugiyama Dance Studio ★ 👤 EN	METAFIT 👊 🧤 Dance Studio		YBELL ESSENTIAL ★ 👤 🧤 Dance Studio	
11.00	AQUA NOODLE ★ 👤 Bathing Pavilion	AQUA HAND BUOYS ★ 👤 Bathing Pavilion		AQUA BOX ★ 👤 Bathing Pavilion	
14.00		PILATES REFORMER ★ 👤 \$ Pilates Studio 2,000++ THB per person			
14.00	THAI PAPER-CUTTING ART (PHUANG MAHOT) Library ★ 👤	FLOWER ARRANGING ★ 👤 Library		HOW TO MAKE A SEASHELL MOBILE Library ★ 👤	
15.00	CIRCUIT TRAINING ★ 👤 🧤 Dance Studio	ABS, BUTTOCKS & THIGHS 👊 🧤 Dance Studio		BALL & FREE WEIGHT ★ 👤 🧤 Dance Studio	
16.00	NEUROMUSCULAR EXERCISE Dance Studio ★ 👤 👊	INNER CORE EXERCISE ★ 👤 Dance Studio		LUMBOPELVIC RHYTHM CLASS ★ 👤 Dance Studio	
17.00	EVENING STRETCH Dance Studio	HIP OPENING YOGA Dance Studio		YOGA – NIDRA (MEDITATION) EN Dance Studio	

8th – 14th 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