	MONDAY 13th OCTOBER	TUESDAY 14th OCTOBER	WEDNESDAY 15th OCTOBER	THURSDAY 16th OCTOBER
7.00	HIIT	TAI CHI Yoga Pavilion	3 IN I Dance Studio	TAI CHI Yoga Pavilion
8.00	HATHA YOGA Yoga Pavilion	SIVANANDA YOGA Yoga Pavilion	GENTLE YOGA Yoga Pavilion	HATHA YOGA Yoga Pavilion
8.00				CENTERLINE MEDITATION with Ville Lehtonen Dance Studio
9.00	STRETCHING * * * * Yoga Pavilion	STRETCHING * L Yoga Pavilion	STRETCHING * * * * * Yoga Pavilion	STRETCHING * \$\frac{1}{2}\$ Yoga Pavilion
10.00	PILATES MAT Dance Studio	ABS, BUTTOCKS & THIGHS Dance Studio	YBELL ESSENTIAL Dance Studio	INTERVAL CYCLING Dance Studio
10.00	NATURE MANDALA with Theelon Kurusattra, FWS Orchid Lounge			
11.00	AQUA HAND BUOYS Bathing Pavilion	AQUA BOX ** & & Bathing Pavilion	AQUA NOODLE Bathing Pavilion	AQUA HAND BUOYS Bathing Pavilion
14.00		PILATES REFORMER Pilates Studio 2,000++ THB per person		
14.00		EMOTIONAL INTELLIGENCE JOURNEY with Theelon Kurusattra, FWS Multi-function room	Discover the healing power of nature in a DIY workshop for Home care Natural remedies With Keletso Kelosiwang, ND. Multi-function room	GUIDANCE ON INTEGRATING FOOD AND NUTRITION INTO YOUR DAILY LIFE with Lucja Maslowska Multi-function room
14.00		NAPKIN FOLDING ** \(\pm \) Library		ACRYLIC PAINTING: PALM LEAF FAN Library
15.00	PRANAYAMA Dance Studio	CIRCUIT TRAINING Dance Studio	BALLAST BALL Dance Studio	STICK MOBILITY Dance Studio
16.00	TONING BALL Dance Studio	GYROKINESIS Dance Studio	LUMBOPELVIC RHYTHM CLASS Dance Studio	INNER CORE EXERCISE Dance Studio
16.00				TIBETAN BOWLS SOUND BATH Sound Therapy room (Spa couple massage room no. 10)
17.00	ABS EXPRESS 25 MINS Dance Studio	HIP OPENING YOGA Dance Studio	ANAPANASTI MEDITATION Dance Studio	ABS EXPRESS 25 MINS Dance Studio
1	Sports shoes required	llness Reception (Ext3.) in advance of class Limited Number	of participants 🎉 Intermediate level 💲 Additional	charges apply Moderate to Fluent English Required



 $13^{th}-19^{th}\ October\ 2025$

CLASS & ACTIVITIES







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