

MONDAY 20 <sup>th</sup> OCTOBER		TUESDAY 21 <sup>st</sup> OCTOBER		WEDNESDAY 22 <sup>nd</sup> OCTOBER		THURSDAY 23 <sup>rd</sup> OCTOBER	
7.00	HIIT Dance Studio  	TAI CHI Yoga Pavilion		3 IN 1 Dance Studio   		TAI CHI Yoga Pavilion	
8.00	HATHA YOGA Yoga Pavilion	SIVANANDA YOGA Yoga Pavilion		VINYASA YOGA Yoga Pavilion		HATHA YOGA Yoga Pavilion	
8.00						CENTERLINE MEDITATION with Ville Lehtonen Dance Studio   	
9.00	STRETCHING   Yoga Pavilion	STRETCHING   Yoga Pavilion		STRETCHING   Yoga Pavilion		STRETCHING   Yoga Pavilion	
10.00	PILATES MAT Dance Studio	BREATHING EXERCISE FOR WELL – BEING with Lucja Maslowska Dance Studio   		YBELL ESSENTIAL    Dance Studio		BREATHING EXERCISE FOR WELL – BEING with Lucja Maslowska Dance Studio   	
10.00	NATURE MANDALA with Theelon Kurusattr, FWS Orchid Lounge   						
11.00	AQUA BOX   Bathing Pavilion	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	FRUIT & VEGETABLE CARVING Library  	EMOTIONAL INTELLIGENCE JOURNEY with Theelon Kurusattr, FWS Multi-function room   				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	
17.00	ABS EXPRESS 25 MINS Dance Studio	HIP OPENING YOGA Dance Studio		MYO COMPRESSION   Dance Studio		ABS EXPRESS 25 MINS Dance Studio	

