
























MONDAY 6 <sup>th</sup> OCTOBER		TUESDAY 7 <sup>th</sup> OCTOBER		WEDNESDAY 8 <sup>th</sup> OCTOBER		THURSDAY 9 <sup>th</sup> OCTOBER	
7.00	<b>MIIT</b> Dance Studio  	<b>TAI CHI</b> Yoga Pavilion		<b>3 IN 1</b> Dance Studio   		<b>TAI CHI</b> Yoga Pavilion	
8.00	<b>HATHA YOGA</b> Yoga Pavilion	<b>VINYASA YOGA</b> Yoga Pavilion		<b>SIVANANDA YOGA</b> Yoga Pavilion		<b>HATHA YOGA</b> Dance Studio	
9.00	<b>STRETCHING</b> Yoga Pavilion  	<b>STRETCHING</b> Yoga Pavilion  		<b>STRETCHING</b> Yoga Pavilion  		<b>STRETCHING</b> Dance Studio  	
10.00	<b>PILATES MAT</b> Dance Studio	<b>BREATHING EXERCISE FOR WELL – BEING</b> with Lucja Maslowska Dance Studio   		<b>YBELL ESSENTIAL</b> Dance Studio   		<b>MIIT</b> Dance Studio  	
10.00	<b>NATURE MANDALA</b> with Theelon Kurusattrra, FWS Orchid Lounge   						
11.00	<b>AQUA NOODLE</b> Bathing Pavilion  	<b>AQUA HAND BUOYS</b> Bathing Pavilion  		<b>AQUA BOX</b> Bathing Pavilion  		<b>AQUA NOODLE</b> Bathing Pavilion  	
14.00		<b>PILATES REFORMER</b> Pilates Studio 2,000++ THB per person   		<b>INSOMNIA: WHAT IT IS CAUSES, SYMPTOMS AND WHAT IS GOOD FOR SLEEP AID</b> With Chanchira Buaphan, RPh Multi-function room   		<b>EXPLORES EFFECTS MENOPAUSE HORMONAL AGING ON WOMEN</b> with Lucja Maslowska Multi-function room   	
14.00	<b>FRUIT &amp; VEGETABLE CARVING</b> Library  	<b>EMOTIONAL INTELLIGENCE JOURNEY</b> with Theelon Kurusattrra, FWS Multi-function room   				<b>ACRYLIC PAINTING: PALM LEAF FAN</b> Library  	
15.00	<b>PRANAYAMA</b> Dance Studio 	<b>CIRCUIT TRAINING</b> Dance Studio   		<b>BALLAST BALL</b> Dance Studio   		<b>STICK MOBILITY</b> Dance Studio  	
16.00	<b>TONING BALL</b> Dance Studio  	<b>GYROKINESIS</b> Dance Studio  		<b>LUMBOPELVIC RHYTHM CLASS</b> Dance Studio  		<b>INNER CORE EXERCISE</b> Dance Studio  	
16.00				<b>HOW TO PROMOTE VAGAL TONE ?</b> Multi-function room   			
17.00	<b>ABS EXPRESS 25 MINS</b> Dance Studio	<b>HIP OPENING YOGA</b> Dance Studio		<b>MYO COMPRESSION</b> Dance Studio  		<b>ABS EXPRESS 25 MINS</b> Dance Studio	
 Sports shoes required  Book at Health & Wellness Reception (Ext3.) in advance of class		 Limited Number of participants		 Intermediate level  Additional charges apply		 Moderate to Fluent English Required	

FRIDAY 10 <sup>th</sup> OCTOBER		SATURDAY 11 <sup>th</sup> OCTOBER		SUNDAY 12 <sup>th</sup> OCTOBER	
6.00	MINDFUL MOVEMENT FOR MENTAL HEALTH Yoga Pavilion				
7.00	HIIT   Dance Studio	BOOT CAMP   In front of Bathing Pavilion		3 IN 1    Dance Studio	
8.00	SIVANANDA YOGA Yoga Pavilion	VINYASA YOGA Dance Studio		ENERGY AWAKENING  Yoga Pavilion	
8.00				CENTERLINE MEDITATION with Ville Lehtonen Dance Studio   	
9.00	STRETCHING   Yoga Pavilion	STRETCHING   Yoga Pavilion		STRETCHING   Yoga Pavilion	
10.00	BREATHING EXERCISE FOR WELL – BEING with Lucja Maslowska Dance Studio   	INTERVAL CYCLING     Dance Studio		YBELL ESSENTIAL    Dance Studio	
10.00		NATURE MANDALA with Theelon Kurusattru, FWS Orchid Lounge   			
11.00	AQUA HAND BUOYS   Bathing Pavilion	AQUA BOX   Bathing Pavilion		AQUA NOODLE   Bathing Pavilion	
14.00		PILATES REFORMER    Pilates Studio 2,000++ THB per person		EMOTIONAL INTELLIGENCE JOURNEY with Theelon Kurusattru, FWS Multi-function room   	
14.00	THAI PAPER-CUTTING ART (PHUANG MAHOT) Library  	WEAVING CARP FROM COCONUT LEAVES Library  		WEAVING GRASSHOPPER FROM COCONUT LEAVES Library  	
15.00	GENTLE YOGA Dance Studio	ABS, BUTTOCKS & THIGHS   Dance Studio		GENTLE YOGA Dance Studio	
16.00	NEUROMUSCULAR EXERCISE    Dance Studio	BETTER SLEEP CLASS   Dance Studio		NEURODYNAMIC EXERCISE   Dance Studio	
17.00	EVENING STRETCH Dance Studio	HIP OPENING YOGA Dance Studio		ABS EXPRESS 25 MINS Dance Studio	

6<sup>th</sup> – 12<sup>th</sup> October 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