

MONDAY 1 st DECEMBER		TUESDAY 2 nd DECEMBER		WEDNESDAY 3 rd DECEMBER		THURSDAY 4 th DECEMBER	
7.00	TAI CHI Yoga Pavilion	ENERGY AWAKENING  Yoga Pavilion		TAI CHI Yoga Pavilion		BARBELL FUSION    Dance Studio	
8.00	HATHA YOGA Yoga Pavilion	GENTLE YOGA Yoga Pavilion		VINYASA YOGA Yoga Pavilion		HATHA YOGA Yoga Pavilion	
9.00	STRETCHING   Yoga Pavilion	STRETCHING   Yoga Pavilion		STRETCHING   Yoga Pavilion		STRETCHING   Yoga Pavilion	
10.00	PILATES MAT Dance Studio			YBELL ESSENTIAL    Dance Studio			
10.00	NATURE MANDALA with Theelon Kurusattr, FWS Orchid Lounge   	LAUGHTER MEDITATION with Sreela Nair Yoga Pavilion   				ANTI-AGING FACE & NECK SCULPTING EXERCISE with Masa Sugiyama Dance Studio   	
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 Kurusattr, FWS Multi-function room   					
15.00	PRANAYAMA  Dance Studio	AQUA X    Dance Studio		AQUA NOODLE   Bathing Pavilion		BALLAST BALL    Dance Studio	
16.00	INNER CORE EXERCISE   Dance Studio	LUMBOPELVIC RHYTHM CLASS   Dance Studio		TONING BALL   Dance Studio		BETTER SLEEP CLASS   Dance Studio	
17.00	ABS EXPRESS 25 MINS Dance Studio	HIP OPENING YOGA Dance Studio		ANAPANASTI MEDITATION  Dance Studio		EVENING STRETCH 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

