

MONDAY 10 th NOVEMBER		TUESDAY 11 th NOVEMBER		WEDNESDAY 12 th NOVEMBER		THURSDAY 13 th NOVEMBER	
7.00	TAI CHI Yoga Pavilion	ENERGY AWAKENING  Yoga Pavilion		MIIT   Dance Studio		BARBELL FUSION    Dance Studio	
8.00	HATHA YOGA Yoga Pavilion	VINYASA YOGA Yoga Pavilion		GENTLE 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		MOTR    Dance Studio		METAFIT   Dance Studio	
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  			FRUIT & VEGETABLE CARVING Library  		ACRYLIC PAINTING: PALM LEAF FAN Library  	
15.00	FREE FORM    Dance Studio	HIP OPENING YOGA Dance Studio		BALLAST BALL    Dance Studio		PRANAYAMA  Dance Studio	
16.00	TONING BALL   Dance Studio	GYROKINESIS   Dance Studio		LUMBOPELVIC RHYTHM CLASS   Dance Studio		INNER CORE EXERCISE   Dance Studio	
16.00	FALL PREVENTION FOR OLDER ADULTS Multi-function room   	TIBETAN BOWLS SOUND BATH Sound Therapy room (Spa couple massage room no. 10)   					
17.00	PRANAYAMA  Dance Studio	ABS EXPRESS 25 MINS Dance Studio		ANAPANASTI MEDITATION  Dance Studio		ABS, BUTTOCKS & THIGHS   Dance Studio	

FRIDAY 14 th NOVEMBER		SATURDAY 15 th NOVEMBER		SUNDAY 16 th NOVEMBER	
5.30				HIKING Khao Hin Lek Fai Mountain 2,200++ THB per person Meet at the Front Desk ★ 👤 🦵 🦶 💰	
7.00	MIIT Dance Studio 🦵 🦶	BOOT CAMP In front of Bathing Pavilion 🦵 🦶		HIIT Dance Studio 🦵 🦶	
8.00	GENTLE YOGA Yoga Pavilion	SIVANANDA YOGA Yoga Pavilion		VINYASA YOGA Yoga Pavilion	
9.00	STRETCHING Yoga Pavilion ★ 👤	STRETCHING Yoga Pavilion ★ 👤		STRETCHING Yoga Pavilion ★ 👤	
10.00	FREE FORM Dance Studio ★ 👤 🦶	INTERVAL CYCLING 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 ★ 👤 💰		EMOTIONAL INTELLIGENCE JOURNEY with Theelon Kurusattra, FWS Multi-function room ★ 👤 🗣️	
14.00		HOW TO MAKE A SEASHELL MOBILE Library ★ 👤		FLOWER ARRANGING Library ★ 👤	
15.00	HATHA YOGA Dance Studio	BALL & FREE WEIGHT Dance Studio ★ 👤 🦶		LMT Dance Studio ★ 👤 🦶	
16.00	NEUROMUSCULAR EXERCISE Dance Studio ★ 👤 🦵	BETTER SLEEP CLASS Dance Studio ★ 👤		NEURODYNAMIC EXERCISE Dance Studio ★ 👤	
17.00	ABS EXPRESS 25 MINS Dance Studio	HIP OPENING YOGA Dance Studio		YOGA – NIDRA (MEDITATION) Dance Studio 🗣️	

10th November 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