

MONDAY 17 th NOVEMBER		TUESDAY 18 th NOVEMBER		WEDNESDAY 19 th NOVEMBER		THURSDAY 20 th NOVEMBER	
7.00	TAI CHI Yoga Pavilion	ENERGY AWAKENING  Yoga Pavilion	TAI CHI Yoga Pavilion	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	BALLAST BALL    Dance Studio			
10.00	NATURE MANDALA with Theelon Kurusattr, FWS Orchid Lounge   	BREATHING EXERCISE FOR WELL – BEING with Lucja Maslowska Yoga Pavilion   					
11.00	AQUA NOODLE   Bathing Pavilion	AQUA HAND BUOYS   Bathing Pavilion	AQUA BOX   Bathing Pavilion	AQUA NOODLE   Bathing Pavilion			
14.00	FACIAL SHAPING WITH POSTURE CORRECTION with Masa Sugiyama Multi-function room   	PILATES REFORMER    Pilates Studio 2,000++ THB per person		GUIDANCE IN INTEGRATING FOOD & NUTRITION INTO YOUR DAILY LIFE with Lucja Maslowska Multi-function room   			
14.00	FRUIT & VEGETABLE CARVING Library  	EMOTIONAL INTELLIGENCE JOURNEY with Theelon Kurusattr, FWS Multi-function room   	FRUIT & VEGETABLE CARVING   Library	ACRYLIC PAINTING: PALM LEAF FAN Library  			
15.00	FREE FORM    Dance Studio	CIRCUIT TRAINING    Dance Studio	ANTI-AGING FACE & NECK SCULPTING EXERCISE with Masa Sugiyama 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	PRANAYAMA  Dance Studio	HIP OPENING YOGA Dance Studio	ANAPANASTI MEDITATION  Dance Studio	ABS EXPRESS 25 MINS Dance Studio			

