	MONDAY 17th NOVEMBER	TUESDAY 18th NOVEMBER	WEDNESDAY 19th NOVEMBER	THURSDAY 20th 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 Kurusattra, 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 Mult-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 Kurusattra, 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 * L	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
4	Sports shoes required	lness Reception (Ext3.) in advance of class Limited Number	of participants 💪 Intermediate level 💲 Additional o	charges apply Moderate to Fluent English Required



17 + 23 = 100 Movember 2025

CLASS & ACTIVITIES







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