

MONDAY 24 th NOVEMBER		TUESDAY 25 th NOVEMBER		WEDNESDAY 26 th NOVEMBER		THURSDAY 27 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	ABS, BUTTOCKS & THIGHS   Dance Studio	YBELL ESSENTIAL    Dance Studio	METAFIT   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		PILATES REFORMER    Pilates Studio 2,000++ THB per person					
14.00	TESTOSTERONE THIEVES with Patience Sangwa, ND. Multi-function room   	EMOTIONAL INTELLIGENCE JOURNEY with Theelon Kurusattra, FWS Multi-function room   		EXPLORE EFFECTS MENOPAUSE HORMONAL AGING ON WOMEN with Lucja Maslowska Multi-function room   			
14.00		NAPKIN FOLDING   Library					
15.00	ANTI-AGING FACE & NECK SCULPTING EXERCISE with Masa Sugiyama Dance Studio   	AQUA X 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			
17.00	ABS EXPRESS 25 MINS Dance Studio	HIP OPENING YOGA Dance Studio	ANAPANASTI MEDITATION  Dance Studio	ABS EXPRESS 25 MINS Dance Studio			

FRIDAY 28 th NOVEMBER	SATURDAY 29 th NOVEMBER	SUNDAY 30 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	HIIT 🦶 🦶 Dance Studio
8.00	BOOT CAMP 🦶 🦶 In front of Bathing Pavilion	VINYASA YOGA Yoga Pavilion
9.00	GENTLE YOGA Yoga Pavilion	STRETCHING ★ 👤 Yoga Pavilion
10.00	STRETCHING ★ 👤 Yoga Pavilion	STRETCHING ★ 👤 Yoga Pavilion
10.00	BREATHING EXERCISE FOR WELL – BEING with Lucja Maslowska Yoga Pavilion ★ 👤 EN	INTERVAL CYCLING ★ 👤 🦶 🦶 Dance Studio
10.00	YBELL ESSENTIAL ★ 👤 🦶 Dance Studio	PILATES MAT Dance Studio
11.00	NATURE MANDALA with Theelon Kurusattra, FWS Orchid Lounge ★ 👤 EN	AQUA HAND BUOYS ★ 👤 Bathing Pavilion
14.00	AQUA BOX ★ 👤 Bathing Pavilion	AQUA NOODLE ★ 👤 Bathing Pavilion
14.00	PILATES REFORMER ★ 👤 💰 Pilates Studio 2,000++ THB per person	EMOTIONAL INTELLIGENCE JOURNEY with Theelon Kurusattra, FWS Multi-function room ★ 👤 EN
14.00	FACIAL SHAPING WITH POSTURE CORRECTION with Masa Sugiyama Multi-function room ★ 👤 EN	
14.00	FLOWER ARRANGING ★ 👤 Library	HOW TO MAKE A SEASHELL MOBILE ★ 👤 Library
15.00	FREE FORM ★ 👤 🦶 Dance Studio	HATHA YOGA Dance Studio
16.00	NEUROMUSCULAR EXERCISE ★ 👤 🦶 Dance Studio	BETTER SLEEP CLASS ★ 👤 Dance Studio
17.00	NEURODYNAMIC EXERCISE ★ 👤 Dance Studio	YOGA – NIDRA (MEDITATION) EN Dance Studio
17.00	MANTRA MEDITATION EN Dance Studio	HIP OPENING YOGA ★ 👤 Dance Studio

24th 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