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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	
8.00						LAUGHTER EXERCISE with Ville Lehtonen Dance Studio	  
9.00	STRETCHING   Yoga Pavilion	STRETCHING   Yoga Pavilion		STRETCHING   Yoga Pavilion		STRETCHING   Yoga Pavilion	
10.00	PILATES MAT Dance Studio	BREATHING EXERCISE FOR WELL – BEING with Lucja Maslowska Dance Studio	  	YBELL ESSENTIAL    Dance Studio		MINDFUL MOTION DETOX with Lucja Maslowska Dance Studio	  
10.00	NATURE MANDALA with Theelon Kurusattru, FWS Orchid Lounge		  	KRATHONG CONTEST, VIEW AND VOTE Designed by resort staff Orchid Lounge			
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 Kurusattru, FWS Multi-function room	  				
14.00		NAPKIN FOLDING   Library				ACRYLIC PAINTING: PALM LEAF FAN Library	 
15.00	PRANAYAMA  Dance Studio	HIP OPENING YOGA Dance Studio		STICK MOBILITY   Dance Studio		MOTR    Dance Studio	
16.00	TONING BALL   Dance Studio	GYROKINESIS   Dance Studio		LUMBOPELVIC RHYTHM CLASS   Dance Studio		INNER CORE EXERCISE   Dance Studio	
17.00	ABS, BUTTOCKS & THIGHS Dance Studio	EVENING STRETCH Dance Studio		ABS EXPRESS 25 MINS Dance Studio		PRANAYAMA  Dance Studio	
18.30				BBQ DINNER WITH TRADITIONAL THAI BACKGROUND MUSIC Taste of Siam Restaurant			



Sports shoes required



Book at Health & Wellness Reception (Extg.) in advance of class



Limited Number of participants



Intermediate level



Additional charges apply



Moderate to Fluent English Required

CLASS & ACTIVITIES
SCHEDULE
3rd – 9th November 2025

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