

MONDAY 15 th DECEMBER		TUESDAY 16 th DECEMBER		WEDNESDAY 17 th DECEMBER		THURSDAY 18 th DECEMBER	
7.00	TAI CHI Yoga Pavilion	ENERGY AWAKENING Yoga Pavilion	EN	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		CHAKRA DANCE with Sreela Nair Dance Studio	★👤EN				
9.00	STRETCHING Yoga Pavilion	★👤	STRETCHING Yoga Pavilion	★👤	STRETCHING Yoga Pavilion	★👤	
10.00	ABS, BUTTOCKS & THIGHS Dance Studio	💪👣	PILATES MAT Dance Studio	METAFIT Dance Studio	💪👣	YBELL ESSENTIAL Dance Studio	★👤👣
10.00	NATURE MANDALA with Theelon Kurusattrra, FWS Orchid Lounge	★👤EN		NATURE MANDALA with Theelon Kurusattrra, FWS Orchid Lounge	★👤EN		
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	★👤\$			GUIDANCE IN INTEGRATING FOOD & NUTRITION INTO YOUR DAILY LIFE with Lucja Maslowska Multi-function room	★👤EN
14.00		YARD STICK YOUR HEALTH MEASUREMENTS & TAKES CONTROL OF WELLNESS JOURNEY with Keletso Kelosiwang, ND. Multi-function room	★👤EN	EMOTIONAL INTELLIGENCE JOURNEY with Theelon Kurusattrra, FWS Multi-function room	★👤EN		
14.00		NAPKIN FOLDING Library	★👤			ACRYLIC PAINTING: PALM LEAF FAN Library	★👤
15.00	MOTR Dance Studio	★👤💪	STICK MOBILITY Dance Studio	★👤👣	BALLAST BALL Dance Studio	★👤💪	
15.00						CHAKRA COLOR MEDITATION with Sreela Nair Sound Therapy room (Spa couple massage room no. 10)	★👤EN
16.00	INNER CORE EXERCISE Dance Studio	★👤	LUMBOPELVIC RHYTHM CLASS Dance Studio	★👤	TONING BALL Dance Studio	★👤	BETTER SLEEP CLASS Dance Studio
17.00	PRANAYAMA Dance Studio	EN	HIP OPENING YOGA Dance Studio	ANAPANASTI MEDITATION Dance Studio	EN	EVENING STRETCH Dance Studio	

