| | MONDAY 15 th DECEMBER | TUESDAY 16th DECEMBER | WEDNESDAY 17th DECEMBER | THURSDAY 18th DECEMBER |
|-------|---|--|--|--|
| 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 | | CHAKRA DANCE with Sreela Nair Dance Studio CHAKRA DANCE **TOTAL CONTROL CONT | | |
| 9.00 | STRETCHING Yoga Pavilion | STRETCHING Yoga Pavilion | STRETCHING Yoga Pavilion | STRETCHING Yoga Pavilion |
| 10.00 | ABS, BUTTOCKS & THIGHS Dance Studio | PILATES MAT Dance Studio | METAFIT | YBELL ESSENTIAL * * * * * * * * * * * * * * * * * * * |
| 10.00 | NATURE MANDALA with Theelon Kurusattra, FWS Orchid Lounge | | NATURE MANDALA with Theelon Kurusattra, FVVS Orchid Lounge | |
| 11.00 | AQUA NOODLE Bathing Pavilion | AQUA HAND BUOYS Bathing Pavilion | AQUABOX Bathing Pavilion | AQUA NOODLE 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 |
| 14.00 | | YARD STICK YOUR HEALTH MEASUREMENTS & TAKES CONTROL OF WELLNESS JOURNEY with Keletso Kelosiwang, ND. Multi-function room | EMOTIONAL INTELLIGENCE JOURNEY with Theelon Kurusattra, FWS Multi-function room **Description** | |
| 14.00 | | NAPKIN FOLDING tibrary | | ACRYLIC PAINTING: PALM LEAF FAN Library |
| 15.00 | MOTR * L & L Dance Studio | STICK MOBILITY Dance Studio | BALLAST BALL Dance Studio | MOTR Dance Studio |
| 15.00 | | | | CHAKRA COLOR MEDITATION with Sreela Nair Sound Therapy room (Spa couple massage room no. 10) |
| 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 | HIP OPENING YOGA Dance Studio | ANAPANASTI MEDITATION Dance Studio | EVENING STRETCH Dance Studio |
| • | Sports shoes required | llness Reception (Ext3.) in advance of class Limited Number | of participants 💪 Intermediate level 💲 Additional | charges apply Moderate to Fluent English Required |



 $12_{tp} - 51_{st}$ December 5052

SCHEDULE 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 |