


























MONDAY 8 th DECEMBER		TUESDAY 9 th DECEMBER		WEDNESDAY 10 th DECEMBER		THURSDAY 11 th 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	  				
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 Kurusattr, FWS Orchid Lounge		  				
11.00	AQUA BOX   Bathing Pavilion	AQUA NOODLE   Bathing Pavilion		AQUA HAND BUOYS   Bathing Pavilion		AQUA BOX   Bathing Pavilion	
14.00		PILATES REFORMER    Pilates Studio 2,000++ THB per person					
14.00	FRUIT & VEGETABLE CARVING Library	EMOTIONAL INTELLIGENCE JOURNEY with Theelon Kurusattr, FWS Multi-function room	  	FRUIT & VEGETABLE CARVING Library	 	ACRYLIC PAINTING: PALM LEAF FAN Library	 
15.00	PRANAYAMA  Dance Studio	CIRCUIT TRAINING   Dance Studio		BALLAST BALL    Dance Studio		STICK MOBILITY   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	
16.00	FALL PREVENTION FOR OLDER ADULTS Multi-function room		  				
17.00	ABS EXPRESS 25 MINS Dance Studio	HIP OPENING YOGA Dance Studio		ANAPANASTI MEDITATION  Dance Studio		MOTR    Dance Studio	
 Sports shoes required		 Book at Health & Wellness Reception (Ext3.) in advance of class		 Limited Number of participants		 Intermediate level	
				 Additional charges apply		 Moderate to Fluent English Required	

FRIDAY 12 th DECEMBER		SATURDAY 13 th DECEMBER		SUNDAY 14 th DECEMBER	
5.30				HIKING Khao Hin Lek Fai Mountain 2,200++ THB per person Meet at the Front Desk	★ 🧑 🦵 🦶 💰
7.00	MIIT Dance Studio 🦵 🦶	BOOT CAMP In front of Bathing Pavilion 🦶		3 IN 1 Dance Studio ★ 🧑 🦶	
8.00	GENTLE YOGA Yoga Pavilion	SIVANANDA YOGA Yoga Pavilion		VINYASA YOGA Yoga Pavilion	
8.00				CHAKRA DANCE with Sreela Nair Dance Studio	★ 🧑 🗣️
9.00	STRETCHING Yoga Pavilion ★ 🧑	STRETCHING Yoga Pavilion ★ 🧑		STRETCHING Yoga Pavilion ★ 🧑	
10.00	PILATES MAT Dance Studio	YBELL ESSENTIAL Dance Studio ★ 🧑 🦶		INTERVAL CYCLING Dance Studio ★ 🧑 🦵 🦶	
10.00	LAUGHTER MEDITATION with Sreela Nair Yoga Pavilion ★ 🧑 🗣️	NATURE MANDALA with Theelon Kurusattr, FWS Orchid Lounge ★ 🧑 🗣️			
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 ★ 🧑 💰		EMOTIONAL INTELLIGENCE JOURNEY with Theelon Kurusattr, FWS Multi-function room ★ 🧑 🗣️	
14.00				FLOWER ARRANGING Library ★ 🧑	
15.00	FREE FORM Dance Studio ★ 🧑 🦶	ABS, BUTTOCKS & THIGHS Dance Studio 🦵 🦶		LMT Dance Studio ★ 🧑 🦶	
16.00	NEUROMUSCULAR EXERCISE Dance Studio ★ 🧑 🦵	GYROKINESIS Dance Studio ★ 🧑		NEURODYNAMIC EXERCISE Dance Studio ★ 🧑	
17.00	MANTRA MEDITATION Dance Studio 🗣️	HIP OPENING YOGA Dance Studio		YOGA – NIDRA (MEDITATION) Dance Studio 🗣️	

8th – 14th December 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