

MONDAY 12 th JANUARY		TUESDAY 13 th JANUARY		WEDNESDAY 14 th JANUARY		THURSDAY 15 th JANUARY	
7.00	TAI CHI Yoga Pavilion	ENERGY AWAKENING Yoga Pavilion	EN	TAI CHI Yoga Pavilion		HIIT Dance Studio	 
8.00	HATHA YOGA Yoga Pavilion	GENTLE YOGA Yoga Pavilion		VINYASA YOGA Yoga Pavilion		HATHA YOGA Yoga Pavilion	
8.00	DANCE MEDITATION with Sreela Nair Dance Studio		  	FASCIA STRETCHING AND ITS EFFECT ON THE DIFFERENT PARTS OF THE BODY with Dr. Greg Shiu 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	  	FREE FORM Dance Studio	  
10.00	NATURE MANDALA with Theelon Kurusattra, FWS 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		SUGAR AND ITS EFFECT ON WATER BALANCE with Dr. Greg Shiu Multi-function room	  	EMOTIONAL INTELLIGENCE JOURNEY with Theelon Kurusattra, FWS Multi-function room	  		
14.00		NAPKIN FOLDING Library	 			ACRYLIC PAINTING: PALM LEAF FAN Library	 
15.00	LMT Dance Studio	  	FLUID X 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	LUMBOPELVIC RHYTHM CLASS Dance Studio	 	TOTAL BODY INSTABILITY Dance Studio	 	GYROKINESIS Dance Studio	 	NEURODYNAMIC EXERCISE Dance Studio
17.00	PRANAYAMA Dance Studio		HIP OPENING YOGA Dance Studio		MYO COMPRESSION Dance Studio	 	ABS EXPRESS 25 MINS 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 16th JANUARYSATURDAY 17th JANUARYSUNDAY 18th JANUARY12th - 18th January 2026CLASS & 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

7.00	BARBELL FUSION 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		FASCIA STRETCHING AND ITS EFFECT ON THE DIFFERENT PARTS OF THE BODY with Dr. Greg Shiu Dance Studio 		
9.00	STRETCHING Yoga Pavilion 	STRETCHING Yoga Pavilion 	STRETCHING Yoga Pavilion 	
10.00	METAFIT Dance Studio 	INTERVAL CYCLING Dance Studio 	METAFIT Dance Studio 	
10.00	LAUGHTER MEDITATION with Sreela Nair Yoga Pavilion 	NATURE MANDALA with Theelon Kurusattra, FWS Orchid Lounge 		
11.00	AQUA BOX Bathing Pavilion 	AQUA NOODLE Bathing Pavilion 	AQUA HAND BUOYS Bathing Pavilion 	
14.00		PILATES REFORMER Pilates Studio  2,000++ THB per person	EMOTIONAL INTELLIGENCE JOURNEY with Theelon Kurusattra, FWS Multi-function room 	
14.00		FLOATING FLOWER Library 		
15.00	PILATES MAT Dance Studio	ABS, BUTTOCKS & THIGHS Dance Studio 	FREE FORM Dance Studio 	
16.00	INNER CORE EXERCISE Dance Studio 	TONING BALL Dance Studio 	METABOLIC BREATHING EXERCISE Dance Studio 	
17.00	MANTRA MEDITATION Dance Studio 	HIP OPENING YOGA Dance Studio	YOGA – NIDRA (MEDITATION) Dance Studio 	