


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		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 Kurusattr, 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 Kurusattr, 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	

