

MONDAY 19 th JANUARY		TUESDAY 20 th JANUARY		WEDNESDAY 21 st JANUARY		THURSDAY 22 nd 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		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 BOX Bathing Pavilion	AQUA NOODLE Bathing Pavilion		AQUA HAND BUOYS Bathing Pavilion		AQUA BOX Bathing Pavilion	
14.00	EMOTIONAL INTELLIGENCE JOURNEY with Theelon Kurusattra, FWS Multi-function room	PILATES REFORMER Pilates Studio 2,000++ THB per person		EMOTIONAL INTELLIGENCE JOURNEY with Theelon Kurusattra, FWS Multi-function room			
14.00	FRUIT & VEGETABLE CARVING Library	NAPKIN FOLDING Library		FRUIT & VEGETABLE CARVING Library		ACRYLIC PAINTING: PALM LEAF FAN Library	
15.00	LMT Dance Studio	FLUID X Dance Studio		BALLAST BALL Dance Studio		MINI BAND Dance Studio	
16.00	LUMBOPELVIC RHYTHM CLASS Dance Studio	TOTAL BODY INSTABILITY Dance Studio		GYROKINESIS Dance Studio		NEURODYNAMIC EXERCISE Dance Studio	
16.00						BALANCE INNER FIRE Multi-function room	
17.00	PRANAYAMA Dance Studio	HIP OPENING YOGA Dance Studio		EVENING STRETCH 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 23rd JANUARYSATURDAY 24th JANUARYSUNDAY 25th JANUARY19th - 25th 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

9.00

STRETCHING
Yoga Pavilion



STRETCHING
Yoga Pavilion



STRETCHING
Yoga Pavilion



10.00

PILATES MAT
Dance Studio

INTERVAL CYCLING
Dance Studio



METAFIT
Dance Studio



10.00

NATURE MANDALA
with Theelon Kurusattra, FWS
Orchid Lounge



11.00

AQUA NOODLE
Bathing Pavilion



AQUA HAND BUOYS
Bathing Pavilion



AQUA BOX
Bathing Pavilion



14.00

**THAI WISDOM FOR ELEMENT
BALANCE**
with Chananchida Banyeam, ATMP
Multi-function room



PILATES REFORMER
Pilates Studio
2,000++ THB per person



FLOWER ARRANGING
Library



15.00

METAFIT
Dance Studio



ABS, BUTTOCKS & THIGHS
Dance Studio



MOTR
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

