

MONDAY 26 th JANUARY		TUESDAY 27 th JANUARY		WEDNESDAY 28 th JANUARY		THURSDAY 29 th JANUARY	
7.00	TAI CHI Yoga Pavilion	ENERGY AWAKENING 		TAI CHI Yoga Pavilion		HIIT	 
8.00	HATHA YOGA Yoga Pavilion	GENTLE YOGA Yoga Pavilion		VINYASA YOGA Yoga Pavilion		HATHA YOGA Yoga Pavilion	
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 NOODLE   Bathing Pavilion	AQUA HAND BUOYS   Bathing Pavilion		AQUA BOX   Bathing Pavilion		AQUA NOODLE   Bathing Pavilion	
14.00		PILATES REFORMER    Pilates Studio 2,000++ THB per person					
14.00		EMOTIONAL INTELLIGENCE JOURNEY with Theelon Kurusattra, FWS Multi-function room   					
14.00		NAPKIN FOLDING   Library				FAN PAINTING   Library	
15.00	LMT    Dance Studio	FLUID X    Dance Studio		BALLAST BALL    Dance Studio		MOTR    Dance Studio	
16.00	LUMBOPELVIC RHYTHM CLASS  Dance Studio	TOTAL BODY INSTABILITY  Dance Studio		GYROKINESIS  Dance Studio		NEURODYNAMIC EXERCISE  Dance Studio	
16.00	TIBETAN BOWLS SOUND BATH with Holistic Therapist Sound Therapy room (Spa couple massage room no. 10)   						
17.00	PRANAYAMA  Dance Studio	HIP OPENING YOGA Dance Studio		ANAPANASTI MEDITATION  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 30th JANUARYSATURDAY 31st JANUARYSUNDAY 1st FEBRUARY26th January - 1st February 2026

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

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 HAND BUOYS
Bathing Pavilion



AQUA BOX
Bathing Pavilion



AQUA NOODLE
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

WEAVING GRASSHOPPER FROM
COCONUT LEAVES
Library



15.00

MINI BAND
Dance Studio



HIP OPENING YOGA
Dance Studio

FREE FORM
Dance Studio



16.00

INNER CORE EXERCISE
Dance Studio



TONING BALL
Dance Studio



METABOLIC BREATHING EXERCISE
Dance Studio



17.00

EVENING STRETCH
Dance Studio

ABS, BUTTOCKS & THIGHS
Dance Studio



YOGA - NIDRA (MEDITATION)
Dance Studio

