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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	
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 Kurusattrra, 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 Kurusattrra, 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 (Extg.) in advance of class		 Limited Number of participants		 Intermediate level  Additional charges apply		 Moderate to Fluent English Required	

FRIDAY 30 <sup>th</sup> JANUARY		SATURDAY 31 <sup>st</sup> JANUARY		SUNDAY 1 <sup>st</sup> FEBRUARY	
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 Kurusattrra, 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 Kurusattrra, 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🗣️		

26<sup>th</sup> January – 1<sup>st</sup> 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