































































| MONDAY 5 <sup>th</sup> JANUARY   |   | TUESDAY 6 <sup>th</sup> JANUARY   |  | WEDNESDAY 7 <sup>th</sup> JANUARY  |   | THURSDAY 8 <sup>th</sup> JANUARY  |   |
|--|---|---|--|--|---|---|---|
| 7.00   | TAI CHI<br>Yoga Pavilion  | ENERGY AWAKENING <br>Yoga Pavilion  |  | TAI CHI<br>Yoga Pavilion   |   | HIIT  <br>Dance Studio  |   |
| 8.00   | HATHA YOGA<br>Yoga Pavilion   | VINYASA YOGA<br>Yoga Pavilion   |  | GENTLE YOGA<br>Yoga Pavilion   |   | HATHA YOGA<br>Yoga Pavilion   |   |
| 8.00   | DANCE MEDITATION<br>with Sreela Nair<br>Dance Studio  |   |  |  |   |   |   |
| 9.00   | STRETCHING  <br>Yoga Pavilion   | STRETCHING  <br>Yoga Pavilion                                     |  | STRETCHING  <br>Yoga Pavilion  |   | STRETCHING  <br>Yoga Pavilion   |   |
| 10.00  | PILATES MAT<br>Dance Studio   | ABS, BUTTOCKS & THIGHS  <br>Dance Studio                         |  | YBELL ESSENTIAL   <br>Dance Studio    |   | FREE FORM   <br>Dance Studio |   |
| 10.00  | NATURE MANDALA<br>with Theelon Kurusattrra, FWS<br>Orchid Lounge  |   |  |  |   |   |   |
| 11.00  | AQUA NOODLE  <br>Bathing Pavilion   | AQUA HAND BUOYS  <br>Bathing Pavilion                             |  | AQUA BOX  <br>Bathing Pavilion   |   | AQUA NOODLE  <br>Bathing Pavilion   |   |
| 14.00  |   | PILATES REFORMER   \$<br>Pilates Studio<br>2,000++ THB per person |  | EMOTIONAL INTELLIGENCE JOURNEY<br>with Theelon Kurusattrra, FWS<br>Multi-function room   |    |   |   |
| 14.00  | FRUIT & VEGETABLE CARVING<br>Library  |   |  | FRUIT & VEGETABLE CARVING<br>Library   |     | ACRYLIC PAINTING: PALM LEAF FAN<br>Library  |     |
| 15.00  | LMT   <br>Dance Studio | FLUID X<br>Dance Studio   |  | BALLAST BALL   <br>Dance Studio |   | STICK MOBILITY  <br>Dance Studio  |   |
| 15.00  |   |   |  |  |   | CHAKRA COLOR MEDITATION<br>with Sreela Nair<br>Sound Therapy room<br>(Spa couple massage room no. 10)   |    |
| 16.00  | LUMBOPELVIC RHYTHM CLASS<br>Dance Studio  | TOTAL BODY INSTABILITY  <br>Dance Studio                     |  | GYROKINESIS  <br>Dance Studio  |   | NEURODYNAMIC EXERCISE  <br>Dance Studio   |   |
| 17.00  | PRANAYAMA <br>Dance Studio   | HIP OPENING YOGA<br>Dance Studio  |  | MYO COMPRESSION  <br>Dance Studio  |   | ABS EXPRESS 25 MINS<br>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 9 <sup>th</sup> JANUARY |                     |    | SATURDAY 10 <sup>th</sup> JANUARY |    |   | SUNDAY 11 <sup>th</sup> JANUARY |   |                              |                                |         |    |    |
|--------------------------------|---------------------|----|-----------------------------------|----|---|---------------------------------|---|------------------------------|--------------------------------|---------|----|----|
| 5.30                           |                     |    |                                   |    |   | HIKING                          | ★ | 👤                            | 🏋️                             | 🧘       | \$ |    |
|                                |                     |    |                                   |    |   | Khao Hin Lek Fai Mountain       |   |                              |                                |         |    |    |
|                                |                     |    |                                   |    |   | 2,200++ THB per person          |   |                              |                                |         |    |    |
|                                |                     |    |                                   |    |   | Meet at the Front Desk          |   |                              |                                |         |    |    |
| 7.00                           | BARBELL FUSION      | ★  | 👤                                 | 🧘  | BOOT CAMP   | 🏋️                              | 🧘 | 3 IN 1                       | ★                              | 👤       | 🧘  |    |
|                                | Dance Studio        |    |                                   |    | In front of Bathing Pavilion  |                                 |   | Dance Studio                 |                                |         |    |    |
| 8.00                           | VINYASA YOGA        |    |                                   |    | SIVANANDA YOGA  |                                 |   | GENTLE YOGA                  |                                |         |    |    |
|                                | Yoga Pavilion       |    |                                   |    | Yoga Pavilion   |                                 |   | Yoga Pavilion                |                                |         |    |    |
| 8.00                           |                     |    |                                   |    | FASCIA STRETCHING AND ITS EFFECT ON THE DIFFERENT PARTS OF THE BODY |                                 |   |                              |                                |         |    |    |
|                                |                     |    |                                   |    | with Dr. Greg Shiu  |                                 |   |                              |                                |         |    |    |
|                                |                     |    |                                   |    | Dance Studio  | ★                               | 👤 | EN                           |                                |         |    |    |
| 9.00                           | STRETCHING          | ★  | 👤                                 |    | STRETCHING  | ★                               | 👤 | STRETCHING                   | ★                              | 👤       |    |    |
|                                | Yoga Pavilion       |    |                                   |    | Yoga Pavilion   |                                 |   | Yoga Pavilion                |                                |         |    |    |
| 10.00                          | PILATES MAT         |    |                                   |    | INTERVAL CYCLING  | ★                               | 👤 | 🏋️                           | 🧘                              | METAFIT | 🏋️ | 🧘  |
|                                | Dance Studio        |    |                                   |    | Dance Studio  |                                 |   | Dance Studio                 |                                |         |    |    |
| 10.00                          | LAUGHTER MEDITATION |    |                                   |    | NATURE MANDALA  |                                 |   |                              |                                |         |    |    |
|                                | with Sreela Nair    |    |                                   |    | with Theelon Kurusattra, FWS  |                                 |   |                              |                                |         |    |    |
|                                | Yoga Pavilion       | ★  | 👤                                 | EN | Orchid Lounge   | ★                               | 👤 | EN                           |                                |         |    |    |
| 11.00                          | AQUA HAND BUOYS     | ★  | 👤                                 |    | AQUA BOX  | ★                               | 👤 | AQUA NOODLE                  | ★                              | 👤       |    |    |
|                                | Bathing Pavilion    |    |                                   |    | Bathing Pavilion  |                                 |   | Bathing Pavilion             |                                |         |    |    |
| 14.00                          |                     |    |                                   |    | PILATES REFORMER  | ★                               | 👤 | \$                           | EMOTIONAL INTELLIGENCE JOURNEY |         |    |    |
|                                |                     |    |                                   |    | Pilates Studio  |                                 |   |                              | with Theelon Kurusattra, FWS   |         |    |    |
|                                |                     |    |                                   |    | 2,000++ THB per person  |                                 |   |                              | Multi-function room            | ★       | 👤  | EN |
| 14.00                          |                     |    |                                   |    |   |                                 |   |                              | HOW TO MAKE A SEASHELL MOBILE  |         |    |    |
|                                |                     |    |                                   |    |   |                                 |   |                              | Library                        | ★       | 👤  |    |
| 15.00                          | METAFIT             | 🏋️ | 🧘                                 |    | ABS, BUTTOCKS & THIGHS  | 🏋️                              | 🧘 | FREE FORM                    | ★                              | 👤       | 🧘  |    |
|                                | Dance Studio        |    |                                   |    | Dance Studio  |                                 |   | Dance Studio                 |                                |         |    |    |
| 16.00                          | INNER CORE EXERCISE | ★  | 👤                                 |    | TONING BALL   | ★                               | 👤 | METABOLIC BREATHING EXERCISE |                                |         |    |    |
|                                | Dance Studio        |    |                                   |    | Dance Studio  |                                 |   | Dance Studio                 |                                | ★       | 👤  |    |
| 17.00                          | MANTRA MEDITATION   | EN |                                   |    | HIP OPENING YOGA  |                                 |   | YOGA – NIDRA (MEDITATION)    |                                |         | EN |    |
|                                | Dance Studio        |    |                                   |    | Dance Studio  |                                 |   | Dance Studio                 |                                |         |    |    |



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 |