

MONDAY 5 th JANUARY		TUESDAY 6 th JANUARY		WEDNESDAY 7 th JANUARY		THURSDAY 8 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	VINYASA YOGA Yoga Pavilion		GENTLE YOGA Yoga Pavilion		HATHA YOGA Yoga Pavilion	
8.00	DANCE MEDITATION with Sreela Nair Dance Studio   						
9.00	STRETCHING  	STRETCHING  		STRETCHING  		STRETCHING  	
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  	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	FRUIT & VEGETABLE CARVING Library  			FRUIT & VEGETABLE CARVING 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 (Ext 3) in advance of class



Limited Number of participants



Intermediate level



Additional charges apply



Moderate to Fluent English Required

FRIDAY 9th JANUARYSATURDAY 10th JANUARYSUNDAY 11th JANUARY5th - 11th 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

5.30

7.00

8.00

8.00

9.00

10.00

10.00

11.00

14.00

14.00

15.00

16.00

17.00

BARBELL FUSION
Dance StudioBOOT CAMP
In front of Bathing Pavilion

HIKING

Khao Hin Lek Fai Mountain
2,200++ THB per person
Meet at the Front DeskVINYASA YOGA
Yoga PavilionSIVANANDA YOGA
Yoga Pavilion3 IN 1
Dance StudioGENTLE YOGA
Yoga PavilionSTRETCHING
Yoga PavilionSTRETCHING
Yoga PavilionSTRETCHING
Yoga PavilionPILATES MAT
Dance StudioINTERVAL CYCLING
Dance StudioMETAFIT
Dance StudioLAUGHTER MEDITATION
with Sreela Nair
Yoga PavilionNATURE MANDALA
with Theelon Kurusattra, FWS
Orchid LoungeAQUA NOODLE
Bathing PavilionAQUA HAND BUOYS
Bathing PavilionAQUA BOX
Bathing PavilionPILATES REFORMER
Pilates Studio
2,000++ THB per personEMOTIONAL INTELLIGENCE JOURNEY
with Theelon Kurusattra, FWS
Multi-function roomHOW TO MAKE A SEASHELL MOBILE
LibraryMETAFIT
Dance StudioABS, BUTTOCKS & THIGHS
Dance StudioFREE FORM
Dance StudioINNER CORE EXERCISE
Dance StudioTONING BALL
Dance StudioMETABOLIC BREATHING EXERCISE
Dance StudioMANTRA MEDITATION
Dance StudioHIP OPENING YOGA
Dance StudioYOGA – NIDRA (MEDITATION)
Dance Studio