

	MONDAY 16 th FEBRUARY	TUESDAY 17 th FEBRUARY	WEDNESDAY 18 th FEBRUARY	THURSDAY 19 th FEBRUARY
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	CLINICAL BEGINNING TECHNIQUE with Mr. Paul John Cini Dance Studio	ABS, BUTTOCKS & THIGHS Dance Studio	YBELL ESSENTIAL Dance Studio	SKELETAL BUILDING FOUNDATION with Mr. Paul John Cini 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	SUGAR AND ITS EFFECT ON WATER BALANCE with Dr. Greg Shiu Multi-function room	
14.00		NAPKIN FOLDING Library	FRUIT & VEGETABLE CARVING Library	FAN PAINTING Library
15.00	LMT Dance Studio	FLUID X Dance Studio	BALLAST BALL Dance Studio	STICK MOBILITY Dance Studio
15.00		AUSPICIOUS ART OF CHINESE CALLIGRAPHY FOR HAPPINESS with Yanee Intaratip, TCM Specialist Library	EMOTIONAL INTELLIGENCE JOURNEY with Theelon Kurusattra, FWS Multi-function room	
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) 		BALANCE YOUR INNER FIRE – HOW STRESS AFFECTS THE DIGESTIVE SYSTEM Multi-function room
17.00	PRANAYAMA Dance Studio	HIP OPENING YOGA Dance Studio	MYO COMPRESSION Dance Studio	BEACH POWER WALK Beach



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 20th FEBRUARY

SATURDAY 21st FEBRUARY

SUNDAY 22nd FEBRUARY

16th – 22nd 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	INTERVAL CYCLING Dance Studio ★ 👤 🧤 🧤	YBELL ESSENTIAL Dance Studio ★ 👤 🧤	METAFIT Dance Studio 🧤 🧤
10.00		NATURE MANDALA with Theelon Kurusattra, FWS Orchid Lounge ★ 👤 EN	
11.00	AQUA HAND BUOYS Bathing Pavilion ★ 👤	AQUA BOX Bathing Pavilion ★ 👤	AQUA NOODLE Bathing Pavilion ★ 👤
14.00	THAI WISDOM FOR ELEMENT BALANCE with Chananchida Banyeam, ATMP Multi-function room ★ 👤 EN	PILATES REFORMER Pilates Studio 2,000++ THB per person ★ 👤 \$	EMOTIONAL INTELLIGENCE JOURNEY with Theelon Kurusattra, FWS Multi-function room ★ 👤 EN
14.00		SEASHELL MOBILE CRAFT Library ★ 👤	
15.00	MINI BAND Dance Studio ★ 👤 🧤	ABS, BUTTOCKS & THIGHS Dance Studio 🧤 🧤	FREE FORM Dance Studio ★ 👤 🧤
15.00		SOUNDSCAPE MANTRA with Theelon Kurusattra, FWS Sound Therapy room (Spa couple massage room no. 10) ★ 👤 EN	
16.00	INNER CORE EXERCISE Dance Studio ★ 👤	TONING BALL Dance Studio ★ 👤	METABOLIC BREATHING EXERCISE Dance Studio ★ 👤
17.00	MANTRA MEDITATION Dance Studio EN	HIP OPENING YOGA Dance Studio	YOGA – NIDRA (MEDITATION) Dance Studio EN