

MONDAY 2 nd MARCH		TUESDAY 3 rd MARCH		WEDNESDAY 4 th MARCH		THURSDAY 5 th MARCH		
7.00	3 IN 1 Dance Studio	★ 👤 🩰	ENERGY AWAKENING Yoga Pavilion	EN	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					ALEXANDER TECHNIQUE GROUP CLASS with Jill Banwell Dance Studio	★ 👤 EN		
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	★ 👤 EN	ABS, BUTTOCKS & THIGHS Dance Studio	💪 🩰	YBELL ESSENTIAL Dance Studio	★ 👤 🩰	SKELETAL BUILDING FOUNDATION with Mr. Paul John Cini Dance Studio	★ 👤 EN
10.00			MINDFUL PRACTICE GUIDANCE WITH SELF-SEIFU with Tricia Tee Yoga Pavilion	★ 👤 EN				
11.00	AQUA BOX Bathing Pavilion	★ 👤	AQUA NOODLE Bathing Pavilion	★ 👤	AQUA HAND BUOYS Bathing Pavilion	★ 👤	AQUA BOX Bathing Pavilion	★ 👤
14.00	HOW CAN MANAGE MENOPAUSE IN A NATURAL WAY with Tricia Tee Multi-Function Room	★ 👤 EN	PILATES REFORMER Pilates Studio 2,000++ THB per person	★ 👤 \$				
14.00			THE CHAKRA SYSTEM & HEALING CRYSTAL with Jill Banwell Multi-Function Room	★ 👤 EN				
14.00			SISAL BAG PAINTING Orchid Lounge	★ 👤			FAN PAINTING Library	★ 👤
15.00	LMT Dance Studio	★ 👤 🩰	FLUID X Dance Studio	★ 👤 🩰	BALLAST BALL Dance Studio	★ 👤 🩰	STICK MOBILITY Dance Studio	★ 👤
16.00	LUMBOPELVIC RHYTHM CLASS Dance Studio	★ 👤	NEUROMUSCULAR EXERCISE Dance Studio	★ 👤 💪	GYROKINESIS Dance Studio	★ 👤	NEURODYNAMIC EXERCISE Dance Studio	★ 👤
17.00	ABS EXPRESS 25 MINS Dance Studio		HIP OPENING YOGA Dance Studio		MYO COMPRESSION Dance Studio	★ 👤	EVENING STRETCH Dance Studio	

FRIDAY 6th MARCH

SATURDAY 7th MARCH

SUNDAY 8th MARCH

2nd – 8th March 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

TAI CHI
Yoga Pavilion

8.00 **GENTLE YOGA**
Yoga Pavilion

SIVANANDA YOGA
Yoga Pavilion

VINYASA YOGA
Yoga Pavilion

8.00 **ALEXANDER TECHNIQUE GROUP CLASS**
with Jill Banwell
Dance Studio ★ 👤 🗣️

STRETCHING ★ 👤
Yoga Pavilion

STRETCHING ★ 👤
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 **MINDFUL PRACTICE GUIDANCE WITH SELF-SEIFU**
with Tricia Tee
Yoga Pavilion ★ 👤 🗣️

AQUA NOODLE ★ 👤
Bathing Pavilion

AQUA BOX ★ 👤
Bathing Pavilion

11.00 **AQUA NOODLE** ★ 👤
Bathing Pavilion

AQUA HAND BUOYS ★ 👤
Bathing Pavilion

AQUA BOX ★ 👤
Bathing Pavilion

14.00 **PILATES REFORMER** ★ 👤 💰
Pilates Studio
2,000++ THB per person

FLOATING FLOWER WITH CANDLE
Library ★ 👤

THAI WISDOM FOR ELEMENT BALANCE
with Chananchida Banyeam, ATMP
Multi-function room ★ 👤 🗣️

14.00 **FLOATING FLOWER WITH CANDLE**
Library ★ 👤

MINI BAND ★ 👤 🧤
Dance Studio

ABS, BUTTOCKS & THIGHS 🧤 🧤
Dance Studio

15.00 **MINI BAND** ★ 👤 🧤
Dance Studio

FREE FORM ★ 👤 🧤
Dance Studio

INNER CORE EXERCISE ★ 👤
Dance Studio

TONING BALL ★ 👤
Dance Studio

METABOLIC BREATHING EXERCISE
Dance Studio ★ 👤

17.00 **ABS EXPRESS 25 MINS**
Dance Studio

HIP OPENING YOGA
Dance Studio

YOGA – NIDRA (MEDITATION) 🗣️
Dance Studio