

	MONDAY 23 rd FEBRUARY	TUESDAY 24 th FEBRUARY	WEDNESDAY 25 th FEBRUARY	THURSDAY 26 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
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   	BALLAST BALL    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 HAND BUOYS   Bathing Pavilion	AQUA BOX   Bathing Pavilion	AQUA NOODLE   Bathing Pavilion	AQUA HAND BUOYS   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  	FAN PAINTING   Library
15.00	LMT    Dance Studio	FLUID X    Dance Studio	MOTR    Dance Studio	STICK MOBILITY   Dance Studio
16.00	LUMBOPELVIC RHYTHM CLASS Dance Studio  	TOTAL BODY INSTABILITY   Dance Studio	GYROKINESIS   Dance Studio	NEURODYNAMIC EXERCISE   Dance Studio
17.00	ABS EXPRESS 25 MINS Dance Studio	EVENING STRETCH Dance Studio	ABS, BUTTOCKS & THIGHS   Dance Studio	MYO COMPRESSION   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 27th FEBRUARY

SATURDAY 28th FEBRUARY

SUNDAY 1st MARCH

23rd February – 1st 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

Time	FRIDAY 27 th FEBRUARY	SATURDAY 28 th FEBRUARY	SUNDAY 1 st MARCH
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
9.00	STRETCHING Yoga Pavilion ★ 👤	STRETCHING Yoga Pavilion ★ 👤	STRETCHING Yoga Pavilion ★ 👤
10.00	INTERVAL CYCLING Dance Studio ★ 👤 💪 🧤	YBELL ESSENTIAL Dance Studio ★ 👤 🧤	METAFIT Dance Studio 💪 🧤
11.00	AQUA BOX Bathing Pavilion ★ 👤	AQUA NOODLE Bathing Pavilion ★ 👤	AQUA HAND BUOYS Bathing Pavilion ★ 👤
14.00		PILATES REFORMER Pilates Studio 2,000++ THB per person ★ 👤 \$	COCONUT LEAF GRASSHOPPER Library ★ 👤
15.00	MINI BAND Dance Studio ★ 👤 🧤	CIRCUIT TRAINING Dance Studio ★ 👤 💪 🧤	FREE FORM Dance Studio ★ 👤 🧤
16.00	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 🗨️