

MONDAY 16 th MARCH			TUESDAY 17 th MARCH			WEDNESDAY 18 th MARCH			THURSDAY 19 th MARCH		
7.00	3 IN 1 Dance Studio	★ 👤 👣	ENERGY AWAKENING Yoga Pavilion	EN	TAI CHI Yoga Pavilion				MIIT 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	NATURE MANDALA with Theelon Kurusattra, FWS Orchid Lounge	★ 👤 EN	MINDFUL PRACTICE GUIDANCE WITH SELF-SEIFU With Tricia Tee Yoga Pavilion	★ 👤 EN					CHAKRA BALANCING MEDITATION with Jill Banwell Yoga Pavilion	★ 👤 EN	
11.00	AQUA HAND BUOYS Bathing Pavilion	★ 👤	AQUA BOX Bathing Pavilion	★ 👤	AQUA NOODLE Bathing Pavilion	★ 👤			AQUA HAND BUOYS Bathing Pavilion	★ 👤	
14.00	HOW TO MANAGE MENOPAUSE NATURALLY With Tricia Tee Multi-Function Room	★ 👤 EN	PILATES REFORMER Pilates Studio 2,000++ THB per person	★ 👤 \$	EMOTIONAL INTELLIGENCE JOURNEY with Theelon Kurusattra, FWS Library	★ 👤 EN					
14.00					FRUIT & VEGETABLE CARVING Orchid Lounge	★ 👤			FAN PAINTING Library	★ 👤	
15.00	LMT Dance Studio	★ 👤 👣	FLUID X Dance Studio	★ 👤 👣	BALLAST BALL Dance Studio	★ 👤 👣			STICK MOBILITY Dance Studio	★ 👤	
15.00			SOUNDSCAPE AND MANTRA with Theelon Kurusattra, FWS Sound Therapy room (Spa couple massage room no. 10)	★ 👤 EN							
16.00	LUMBOPELVIC RHYTHM CLASS Dance Studio	★ 👤	NEUROMUSCULAR EXERCISE Dance Studio	★ 👤 💪	GYROKINESIS Dance Studio	★ 👤			NEURODYNAMIC EXERCISE Dance Studio	★ 👤	
16.00			BALANCE YOUR INNER FIRE – HOW STRESS AFFECTS THE DIGESTIVE SYSTEM Multi-function room	★ 👤 EN							
17.00	PRANAYAMA Dance Studio	EN	BEACH POWER WALK Beach	👣	MYO COMPRESSION Dance Studio	★ 👤			EVENING STRETCH 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 20th MARCH

SATURDAY 21st MARCH

SUNDAY 22nd MARCH

16th – 22nd 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 ★ 👤 🗣️		
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 ★ 👤 🗣️	NATURE MANDALA with Theelon Kurusattra, FWS Orchid Lounge ★ 👤 🗣️	
11.00	AQUA BOX Bathing Pavilion ★ 👤	AQUA NOODLE Bathing Pavilion ★ 👤	AQUA BOX Bathing Pavilion ★ 👤
14.00	PILATES REFORMER Pilates Studio 2,000++ THB per person ★ 👤 \$		
14.00	COCONUT LEAF CARP WEAVING (PLA – TA – PIEN) Library ★ 👤		
15.00	MINI BAND Dance Studio ★ 👤 🧘	ABS, BUTTOCKS & THIGHS Dance Studio 💪 🧘	FREE FORM Dance Studio ★ 👤 🧘
16.00	INNER CORE EXERCISE Dance Studio ★ 👤	TONING BALL Dance Studio ★ 👤	METABOLIC BREATHING EXERCISE Dance Studio ★ 👤
17.00	MANTRA MEDITATION Dance Studio 🗣️	HIP OPENING YOGA Dance Studio	YOGA – NIDRA (MEDITATION) Dance Studio 🗣️