

MONDAY 23 rd MARCH		TUESDAY 24 th MARCH		WEDNESDAY 25 th MARCH		THURSDAY 26 th MARCH		
7.00	3 IN 1 Dance Studio	★ 👤 🧦	ENERGY AWAKENING Yoga Pavilion	EN	MIIT Dance Studio	🦵 🧦	TAI CHI Yoga Pavilion	
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
11.00	AQUA BOX Bathing Pavilion	★ 👤	AQUA NOODLE Bathing Pavilion	★ 👤	AQUA HAND BUOYS Bathing Pavilion	★ 👤	AQUA BOX Bathing Pavilion	★ 👤
14.00			PILATES REFORMER Pilates Studio 2,000++ THB per person	★ 👤 \$				
14.00	LISTENING TO YOUR BODY FOR BETTER LIVING With Tricia Tee Multi-Function Room	★ 👤 EN	THE CHAKRA SYSTEM AND HEALING CRYSTALS with Jill Banwell Multi-Function Room	★ 👤 EN			EMOTIONAL INTELLIGENCE JOURNEY with Theelon Kurusattra, FWS Multi-function room	★ 👤 EN
14.00	FRUIT & VEGETABLE CARVING Library	★ 👤	SISAL BAG PAINTING Library	★ 👤	FRUIT & VEGETABLE CARVING Library	★ 👤	FAN PAINTING Library	★ 👤
15.00	LMT Dance Studio	★ 👤 🧦	FLUID X Dance Studio	★ 👤 🧦	BALLAST BALL Dance Studio	★ 👤 🧦	MOTR 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			EMOTIONAL INTELLIGENCE JOURNEY with Theelon Kurusattra, FWS Multi-Function Room	★ 👤 EN				
17.00	PRANAYAMA Dance Studio	EN	HIP OPENING YOGA Dance Studio		MYO COMPRESSION Dance Studio	★ 👤	PRANAYAMA Dance Studio	EN

🧦 Sports shoes required
★ Book at Health & Wellness Reception (Extg.) in advance of class
👤 Limited Number of participants
🦵 Intermediate level
\$ Additional charges apply
EN Moderate to Fluent English Required

FRIDAY 27th MARCH

SATURDAY 28th MARCH

SUNDAY 29th MARCH

23rd - 29th 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 MARCH	SATURDAY 28 th MARCH	SUNDAY 29 th 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
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 ★ 👤 🏋️ 🧘	HIIT Dance Studio 🏋️ 🧘	METAFIT Dance Studio 🏋️ 🧘
10.00	NATURE MANDALA with Theelon Kurusattra, FWS Orchid Lounge ★ 👤 🗣️	MINDFUL PRACTICE GUIDANCE WITH SELF-SEIFU With Tricia Tee Yoga 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 ★ 👤 \$	
14.00			SEASHELL MOBILE CRAFT Library ★ 👤
15.00	MINI BAND Dance Studio ★ 👤 🧘	HIP OPENING YOGA Dance Studio	FREE FORM Dance Studio ★ 👤 🧘
16.00	INNER CORE EXERCISE Dance Studio ★ 👤	TONING BALL Dance Studio ★ 👤	METABOLIC BREATHING EXERCISE Dance Studio ★ 👤
17.00	ANAPANASTI MEDITATION Dance Studio 🗣️	MYO COMPRESSION Dance Studio ★ 👤	YOGA – NIDRA (MEDITATION) Dance Studio 🗣️