

	MONDAY 30 <sup>th</sup> MARCH	TUESDAY 31 <sup>st</sup> MARCH	WEDNESDAY 1 <sup>st</sup> APRIL	THURSDAY 2 <sup>nd</sup> APRIL
7.00	<b>3 IN 1</b> Dance Studio ★ 👤 🧦	<b>ENERGY AWAKENING</b> Yoga Pavilion 🗣️	<b>TAI CHI</b> Yoga Pavilion	<b>MIIT</b> Dance Studio 🏋️ 🧦
8.00	<b>HATHA YOGA</b> Yoga Pavilion	<b>GENTLE YOGA</b> Yoga Pavilion	<b>VINYASA YOGA</b> Yoga Pavilion	<b>GUIDED MEDITATION</b> with Nicholas Harris Dance Studio ★ 👤 🗣️
9.00	<b>STRETCHING</b> Yoga Pavilion ★ 👤	<b>STRETCHING</b> Yoga Pavilion ★ 👤	<b>STRETCHING</b> Yoga Pavilion ★ 👤	<b>STRETCHING</b> Dance Studio ★ 👤
10.00	<b>CLINICAL BEGINNING TECHNIQUE</b> with Mr. Paul John Cini Dance Studio ★ 👤 🗣️	<b>ABS, BUTTOCKS &amp; THIGHS</b> Dance Studio 🏋️ 🧦	<b>YBELL ESSENTIAL</b> Dance Studio ★ 👤 🧦	<b>SKELETAL BUILDING FOUNDATION</b> with Mr. Paul John Cini Dance Studio ★ 👤 🗣️
10.00		<b>MINDFUL PRACTICE GUIDANCE WITH SELF – SEIFU</b> With Tricia Tee Yoga Pavilion ★ 👤 🗣️		
11.00	<b>AQUA NOODLE</b> Bathing Pavilion ★ 👤	<b>AQUA HAND BUOYS</b> Bathing Pavilion ★ 👤	<b>AQUA BOX</b> Bathing Pavilion ★ 👤	<b>AQUA NOODLE</b> Bathing Pavilion ★ 👤
14.00	<b>WHY YOUR GUT ACTS AS A SECOND BRAIN AND HELPS WITH SLEEP</b> With Tricia Tee Multi-Function Room ★ 👤 🗣️	<b>PILATES REFORMER</b> Pilates Studio ★ 👤 💰 2,000++ THB per person	<b>FRUIT &amp; VEGETABLE CARVING</b> Library ★ 👤	
15.00	<b>LMT</b> Dance Studio ★ 👤 🧦	<b>FLUID X</b> Dance Studio ★ 👤 🧦	<b>BALLAST BALL</b> Dance Studio ★ 👤 🧦	<b>STICK MOBILITY</b> Dance Studio ★ 👤
15.00			<b>THE ART OF INNER WELLNESS</b> with Nicholas Harris Multi-Function Room ★ 👤 🗣️	
16.00	<b>LUMBOPELVIC RHYTHM CLASS</b> Dance Studio ★ 👤	<b>NEUROMUSCULAR EXERCISE</b> Dance Studio ★ 👤 🏋️	<b>LUMBOPELVIC RHYTHM CLASS</b> Dance Studio ★ 👤	<b>GYROKINESIS</b> Dance Studio ★ 👤
17.00	<b>PRANAYAMA</b> Dance Studio 🗣️	<b>HIP OPENING YOGA</b> Dance Studio	<b>YOGA – NIDRA (MEDITATION)</b> Dance Studio 🗣️	<b>EVENING STRETCH</b> 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 3<sup>rd</sup> APRIL

SATURDAY 4<sup>th</sup> APRIL

SUNDAY 5<sup>th</sup> APRIL

30<sup>th</sup> March – 5<sup>th</sup> April 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
<b>BREAKFAST</b>	07:00 - 10:30
<b>LUNCH</b>	12:00 - 14:30
<b>DINNER</b>	18:00 - 21:00

7.00	<b>BARBELL FUSION</b> Dance Studio ★ 👤 🧘	<b>BOOT CAMP</b> In front of Bathing Pavilion 💪 🧘	<b>TAI CHI</b> Yoga Pavilion
8.00	<b>GENTLE YOGA</b> Yoga Pavilion	<b>SIVANANDA YOGA</b> Yoga Pavilion	<b>VINYASA YOGA</b> Yoga Pavilion
8.00		<b>GUIDED MEDITATION</b> with Nicholas Harris Dance Studio ★ 👤 EN	
9.00	<b>STRETCHING</b> Yoga Pavilion ★ 👤	<b>STRETCHING</b> Yoga Pavilion ★ 👤	<b>STRETCHING</b> Yoga Pavilion ★ 👤
10.00	<b>INTERVAL CYCLING</b> Dance Studio ★ 👤 💪 🧘	<b>HIIT</b> Dance Studio 💪 🧘	<b>METAFIT</b> Dance Studio 💪 🧘
10.00	<b>MINDFUL PRACTICE GUIDANCE WITH SELF – SEIFU</b> With Tricia Tee Yoga Pavilion ★ 👤 EN	<b>NATURE MANDALA</b> with Theelon Kurusattra, FWS Orchid Lounge ★ 👤 EN	
11.00	<b>AQUA HAND BUOYS</b> Bathing Pavilion ★ 👤	<b>AQUA BOX</b> Bathing Pavilion ★ 👤	<b>AQUA NOODLE</b> Bathing Pavilion ★ 👤
14.00	<b>HOW TO HEAL TRAUMA</b> with Nicholas Harris Multi-Function Room ★ 👤 EN	<b>PILATES REFORMER</b> Pilates Studio 2,000++ THB per person ★ 👤 \$	<b>EMOTIONAL INTELLIGENCE JOURNEY</b> with Theelon Kurusattra, FWS Multi-function room ★ 👤 EN
14.00	<b>EGG PAINTING</b> Library ★ 👤	<b>COCONUT LEAF GRASSHOPPER</b> Library ★ 👤	
15.00	<b>MINI BAND</b> Dance Studio ★ 👤 🧘	<b>ABS, BUTTOCKS &amp; THIGHS</b> Dance Studio 💪 🧘	<b>FREE FORM</b> Dance Studio ★ 👤 🧘
15.00		<b>SOUNDSCAPE AND MANTRA</b> with Theelon Kurusattra, FWS Sound Therapy room (Spa couple massage room no. 10) ★ 👤 EN	
16.00	<b>TONING BALL</b> Dance Studio ★ 👤	<b>INNER CORE EXERCISE</b> Dance Studio ★ 👤	<b>NEUROMUSCULAR EXERCISE</b> Dance Studio ★ 👤
17.00	<b>MANTRA MEDITATION</b> Dance Studio EN	<b>HIP OPENING YOGA</b> Dance Studio	<b>MYO COMPRESSION</b> Dance Studio ★ 👤