

| MONDAY 6 th APRIL | | TUESDAY 7 th APRIL | | WEDNESDAY 8 th APRIL | | THURSDAY 9 th APRIL | | |
|------------------------------|---|-------------------------------|--|---------------------------------|--|--|---|--------|
| 7.00 | 3 IN 1 Dance Studio | ★ 👤 🧦 | HIIT Dance Studio | 💪 🧦 | 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 | | | | | | GUIDED MEDITATION with Nicholas Harris 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 | AB, 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 | | | | | | |
| 10.00 | MINDFUL PRACTICE GUIDANCE WITH SELF – SEIFU with Tricia Tee 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 | FRUIT & VEGETABLE CARVING Library | ★ 👤 | PILATES REFORMER Pilates Studio 2,000++ THB per person | ★ 👤 \$ | | | FAN PAINTING Library | ★ 👤 |
| 14.00 | THAI WISDOM FOR ELEMENT BALANCE with Chananchida Banyeam, ATMP Multi-function room | ★ 👤 EN | THE EIGHT MEN AND SEVEN WOMEN THEORY IN TRADITIONAL CHINESE MEDICINE with Yanee Intaratip, TCM Specialist Multi-function Room | ★ 👤 EN | EMOTIONAL INTELLIGENCE JOURNEY with Theelon Kurusattra, FWS Multi-function room | ★ 👤 EN | HOW TO MANAGE MENOPAUSE NATURALLY With Tricia Tee Multi-function room | ★ 👤 EN |
| 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 | HOW TO HEAL YOUR RELATIONSHIP with Nicholas Harris Multi-function Room | ★ 👤 EN | | |
| 16.00 | NEURODYNAMIC EXERCISE Dance Studio | ★ 👤 | BETTER SLEEP CLASS Dance Studio | ★ 👤 | LUMBOPELVIC RHYTHM CLASS Dance Studio | ★ 👤 | GYROKINESIS Dance Studio | ★ 👤 |
| 16.00 | | | | | | | TIBETAN BOWLS SOUND BATH with Holistic Therapist Sound Therapy room (Spa couple massage room no. 10) | ★ 👤 EN |
| 17.00 | PRANAYAMA Dance Studio | EN | HIP OPENING YOGA Dance Studio | | 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

CLASS & ACTIVITIES SCHEDULE

| | FRIDAY 10 th APRIL | SATURDAY 11 th APRIL | SUNDAY 12 th APRIL |
|-------|--|---|---|
| 7.00 | BARBELL FUSION Dance Studio ★ 👤 🧘 | BOOT CAMP In front of Bathing Pavilion 🏋️ 🧘 | TAI CHI Yoga Pavilion |
| 8.00 | SIVANANDA YOGA Yoga Pavilion | HATHA YOGA Yoga Pavilion | VINYASA YOGA Yoga Pavilion |
| 8.00 | | GUIDED MEDITATION with Nicholas Harris 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 BOX Bathing Pavilion ★ 👤 | AQUA NOODLE Bathing Pavilion ★ 👤 | AQUA HAND BUOYS Bathing Pavilion ★ 👤 |
| 13.00 | | | THE SONGKRAN HEALTH RESET with Dr. Chanagun Tounkhrua Multi-function Room ★ 👤 🗣️ |
| 14.00 | THE ART OF INNER WELLNESS with Nicholas Harris Multi-function Room ★ 👤 🗣️ | PILATES REFORMER Pilates Studio ★ 👤 💰 2,000++ THB per person | EMOTIONAL INTELLIGENCE JOURNEY with Theelon Kurusattra, FWS Multi-function room ★ 👤 🗣️ |
| 14.00 | | HOW TO MAKE A FLOWER GARLAND Library ★ 👤 | THAI PAPER – CUTTING ART (PHUANG MAHOT) Library ★ 👤 |
| 14.00 | | | 4 ELEMENT CRYSTAL AROMA ROLLER WORKSHOP Library ★ 👤 |
| 15.00 | MINI BAND Dance Studio ★ 👤 🧘 | AB, BUTTOCKS & THIGHS Dance Studio 🏋️ 🧘 | FREE FORM Dance Studio ★ 👤 🧘 |
| 15.00 | | THE HARMONY RESET – SOUND & REFLECTION EXPERIENCE with Tricia Tee Sound Therapy room (Spa couple massage room no. 10) ★ 👤 🗣️ | |
| 16.00 | TONING BALL Dance Studio ★ 👤 | INNER CORE EXERCISE Dance Studio ★ 👤 | NEUROMUSCULAR EXERCISE Dance Studio ★ 👤 🏋️ |
| 17.00 | ANAPANASTI MEDITATION Dance Studio 🗣️ | MOTR Dance Studio ★ 👤 🏋️ | ANAPANASTI MEDITATION Dance Studio 🗣️ |



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 |