






|       | MONDAY 13 <sup>th</sup> APRIL   | TUESDAY 14 <sup>th</sup> APRIL   | WEDNESDAY 15 <sup>th</sup> APRIL  | THURSDAY 16 <sup>th</sup> APRIL  |
|-------|---|--|---|--|
| 7.00  |   | <b>HIIT</b>  <br>Dance Studio  | <b>TAI CHI</b><br>Yoga Pavilion   | <b>MIIT</b>  <br>Dance Studio  |
| 7.30  | <b>ALMS GIVING CEREMONY</b><br>Meet at Spirit House by the Pool   |  |   |  |
| 8.00  | <b>HATHA YOGA</b><br>Yoga Pavilion  | <b>GENTLE YOGA</b><br>Yoga Pavilion  | <b>VINYASA YOGA</b><br>Yoga Pavilion  | <b>HATHA YOGA</b><br>Yoga Pavilion   |
| 8.00  |   |  |   | <b>GUIDED MEDITATION</b><br>with Nicholas Harris<br>Dance Studio    |
| 9.00  | <b>STRETCHING</b>  <br>Yoga Pavilion  | <b>STRETCHING</b>  <br>Yoga Pavilion   | <b>STRETCHING</b>  <br>Yoga Pavilion  | <b>STRETCHING</b>  <br>Yoga Pavilion   |
| 10.00 | <b>PILATES MAT</b><br>Dance Studio  | <b>ABS, BUTTOCKS &amp; THIGHS</b>  <br>Dance Studio   | <b>YBELL ESSENTIAL</b>   <br>Dance Studio    | <b>PILATES MAT</b><br>Dance Studio   |
| 10.00 | <b>FROM TENSION TO FREEDOM<br/>BETWEEN BODY STRUCTURE,<br/>FASCIA &amp; ROLFING</b><br>with Fabrizio Picchione<br>Multi-function room    | <b>MINDFUL PRACTICE GUIDANCE WITH SELF<br/>– SEIFU</b><br>with Tricia Tee<br>Yoga Pavilion    |   |  |
| 11.00 | <b>AQUA BOX</b>  <br>Bathing Pavilion   | <b>AQUA NOODLE</b>  <br>Bathing Pavilion   | <b>AQUA HAND BUOYS</b>  <br>Bathing Pavilion  | <b>AQUA BOX</b>  <br>Bathing Pavilion  |
| 14.00 |   | <b>PILATES REFORMER</b>   <br>Pilates Studio<br>2,000++ THB per person                       |   |  |
| 15.00 | <b>SONGKRAN PARADE</b><br>Meet at the Front Lobby to Spirit<br>House<br>by the Pool   |  | <b>BALLAST BALL</b>   <br>Dance Studio | <b>STICK MOBILITY</b>  <br>Dance Studio  |
| 16.00 | <b>NEURODYNAMIC EXERCISE</b><br>Dance Studio    | <b>BETTER SLEEP CLASS</b>  <br>Dance Studio  | <b>LUMBOPELVIC RHYTHM CLASS</b>  <br>Dance Studio   | <b>GYROKINESIS</b>  <br>Dance Studio   |
| 17.00 | <b>PRANAYAMA</b> <br>Dance Studio  | <b>HIP OPENING YOGA</b><br>Dance Studio  |   | <b>EVENING STRETCH</b><br>Dance Studio   |
| 18.30 | <b>SONGKRAN BBQ DINNER</b><br>Tast of Siam  |  |   |  |



Sports shoes required



Book at Health &amp; Wellness Reception (Ext3.) in advance of class



Limited Number of participants



Intermediate level



Additional charges apply



Moderate to Fluent English Required

|       | FRIDAY 17 <sup>th</sup> APRIL                     | SATURDAY 18 <sup>th</sup> APRIL   | SUNDAY 19 <sup>th</sup> APRIL                        |
|-------|---|---|--|
| 7.00  | <b>BARBELL FUSION</b> ★ 👤 🏋️<br>Dance Studio      | <b>BOOT CAMP</b> 🏋️ 🏋️<br>In front of Bathing Pavilion                    | <b>TAI CHI</b><br>Yoga Pavilion                      |
| 8.00  | <b>GENTLE YOGA</b><br>Yoga Pavilion               | <b>HATHA YOGA</b><br>Yoga Pavilion  | <b>VINYASA YOGA</b><br>Yoga Pavilion                 |
| 8.00  |   | <b>GUIDED MEDITATION</b><br>with Nicholas Harris<br>Dance Studio ★ 👤 🗣️   |  |
| 9.00  | <b>STRETCHING</b> ★ 👤<br>Yoga Pavilion            | <b>STRETCHING</b> ★ 👤<br>Yoga Pavilion                                    | <b>STRETCHING</b> ★ 👤<br>Yoga Pavilion               |
| 10.00 | <b>INTERVAL CYCLING</b><br>Dance Studio ★ 👤 🏋️ 🏋️ | <b>HIIT</b> 🏋️ 🏋️<br>Dance Studio   | <b>METAFIT</b> 🏋️ 🏋️<br>Dance Studio                 |
| 11.00 | <b>AQUA NOODLE</b> ★ 👤<br>Bathing Pavilion        | <b>AQUA HAND BUOYS</b> ★ 👤<br>Bathing Pavilion                            | <b>AQUA BOX</b> ★ 👤<br>Bathing Pavilion              |
| 14.00 |   | <b>PILATES REFORMER</b> ★ 👤 💰<br>Pilates Studio<br>2,000++ THB per person |  |
| 14.00 |   | <b>COCONUT LEAF CARP WEAVING (PLA – TA – PIEN)</b><br>Library ★ 👤         |  |
| 15.00 | <b>MINI BAND</b> ★ 👤 🏋️<br>Dance Studio           | <b>ABS, BUTTOCKS &amp; THIGHS</b> 🏋️ 🏋️<br>Dance Studio                   | <b>FREE FORM</b> ★ 👤 🏋️<br>Dance Studio              |
| 16.00 | <b>TONING BALL</b> ★ 👤<br>Dance Studio            | <b>INNER CORE EXERCISE</b> ★ 👤<br>Dance Studio                            | <b>NEUROMUSCULAR EXERCISE</b><br>Dance Studio ★ 👤 🏋️ |
| 17.00 | <b>PRANAYAMA</b> 🗣️<br>Dance Studio               | <b>MOTR</b> ★ 👤 🏋️<br>Dance Studio  | <b>MYO COMPRESSION</b> ★ 👤<br>Dance Studio           |

13<sup>th</sup> – 19<sup>th</sup> April 2020  
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 |