




	MONDAY 20 th APRIL	TUESDAY 21 st APRIL	WEDNESDAY 22 nd APRIL	THURSDAY 23 rd 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				KICKBOXING & MARTIAL ARTS with Brad Reed Dance Studio ★ 👤 EN
9.00	STRETCHING Yoga Pavilion ★ 👤	STRETCHING Yoga Pavilion ★ 👤	STRETCHING Yoga Pavilion ★ 👤	STRETCHING Yoga Pavilion ★ 👤
10.00	PILATES MAT Dance Studio	ABS, BUTTOCKS & THIGHS Dance Studio 🧦 🧦	YBELL ESSENTIAL Dance Studio ★ 👤 🧦	PILATES MAT Dance Studio
10.00	MU – I TAI CHI with Brad Reed Yoga Pavilion ★ 👤 EN		MEDITATON WITH CHINESE HARP with Danchai Chernprateep Holistic Treatment room no. 6 ★ 👤 EN	
10.00	FROM TENSION TO FREEDOM BETWEEN BODY STRUCTURE, FASCIA & ROLFING with Fabrizio Picchione Multi-function room ★ 👤 EN			
11.00	AQUA NOODLE Bathing Pavilion ★ 👤	AQUA HAND BUOYS Bathing Pavilion ★ 👤	AQUA BOX Bathing Pavilion ★ 👤	AQUA NOODLE Bathing Pavilion ★ 👤
14.00	SELF – HEALING TO REDUCE STRESS & IMPROVE WELL – BEING with Danchai Chernprateep Multi-function room ★ 👤 EN	PILATES REFORMER Pilates Studio ★ 👤 \$ 2,000++ THB per person		
14.00	FRUIT & VEGETABLE CARVING Library ★ 👤			FAN PAINTING Library ★ 👤
15.00	LMT Dance Studio ★ 👤 🧦	FLUID X Dance Studio ★ 👤 🧦	BALLAST BALL Dance Studio ★ 👤 🧦	STICK MOBILITY Dance Studio ★ 👤
16.00	NEURODYNAMIC EXERCISE Dance Studio ★ 👤	BETTER SLEEP CLASS Dance Studio ★ 👤	LUMBOPELVIC RHYTHM CLASS Dance Studio ★ 👤	GYROKINESIS Dance Studio ★ 👤
17.00	PRANAYAMA Dance Studio EN	HIP OPENING YOGA Dance Studio	ANAPANASTI MEDITATION Dance Studio EN	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 24 th APRIL	SATURDAY 25 th APRIL	SUNDAY 26 th APRIL
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
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		WARRIOR FLOW – ENERGY & INNER STRENGTH with Brad Reed Yoga Pavilion ★ 👤 EN	
11.00	AQUA HAND BUOYS Bathing Pavilion ★ 👤	AQUA BOX Bathing Pavilion ★ 👤	AQUA NOODLE Bathing Pavilion ★ 👤
14.00		PILATES REFORMER Pilates Studio ★ 👤 \$ 2,000++ THB per person	THAI WISDOM FOR ELEMENT BALANCE with Chananchida Banyeam, ATMP Multi-function room ★ 👤 EN
14.00		FLOATING FLOWER WITH CANDLE Library ★ 👤	
15.00	MINI BAND Dance Studio ★ 👤 🏋️	ABS, BUTTOCKS & THIGHS Dance Studio 🏋️ 🏋️	FREE FORM Dance Studio ★ 👤 🏋️
16.00	TONING BALL Dance Studio ★ 👤	INNER CORE EXERCISE Dance Studio ★ 👤	NEUROMUSCULAR EXERCISE Dance Studio ★ 👤 🏋️
17.00	PRANAYAMA Dance Studio EN	HIP OPENING YOGA Dance Studio	GENTLE YOGA Dance Studio

20th 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
BREAKFAST	07:00 - 10:30
LUNCH	12:00 - 14:30
DINNER	18:00 - 21:00