

	MONDAY 27 th APRIL	TUESDAY 28 th APRIL	WEDNESDAY 29 th APRIL	THURSDAY 30 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				KICKBOXING & MARTIAL ARTS with Brad Reed Dance Studio ★ 👤 EN
9.00	STRETCHING Yoga Pavilion ★ 👤	STRETCHING Yoga Pavilion ★ 👤	STRETCHING Yoga Pavilion ★ 👤	STRETCHING Dance Studio ★ 👤
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	OSTEOPATHIC HEALING FOR MAINTENANCE AND PREVENTION with Rachel Ellery Multi-function room ★ 👤 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 HAND BUOYS Bathing Pavilion ★ 👤	AQUA BOX Bathing Pavilion ★ 👤	AQUA NOODLE Bathing Pavilion ★ 👤	AQUA HAND BUOYS 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	EMOTIONAL INTELLIGENCE JOURNEY with Theelon Kurusattra, FWS Multi-function room ★ 👤 EN	TRAUMA BREATHING REGULATION with Rachel Ellery Dance Studio ★ 👤 EN
14.00			NAPKIN FOLDING Library ★ 👤	FAN PAINTING Library ★ 👤
15.00	LMT Dance Studio ★ 👤 🧦	FLUID X Dance Studio ★ 👤 🧦	STICK MOBILITY Dance Studio ★ 👤	BALLAST BALL Dance Studio ★ 👤 🧦
15.00		SOUNDSCAPE AND MANTRA with Theelon Kurusattra, FWS Sound Therapy room (Spa Cpl room no.10) ★ 👤 EN		
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	MYO COMPRESSION Dance Studio ★ 👤	PRANAYAMA Dance Studio EN

🧦 Sports shoes required ★ Book at Health & Wellness Reception (Ext3.) in advance of class 👤 Limited Number of participants 🧦 Intermediate level \$ Additional charges apply EN Moderate to Fluent English Required

27th April – 3rd May 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

	FRIDAY 1 st MAY	SATURDAY 2 nd MAY	SUNDAY 3 rd MAY
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 ★ 👤 🗣️	
11.00	AQUA BOX ★ 👤 Bathing Pavilion	AQUA NOODLE ★ 👤 Bathing Pavilion	AQUA HAND BUOYS ★ 👤 Bathing Pavilion
14.00		PILATES REFORMER ★ 👤 \$ Pilates Studio 2,000++ THB per person	
14.00		WHAT ARE CHAKRA MUDRAS AND SOUND HEALING with Jang Kanlayanee Multi-function room ★ 👤 🗣️	
14.00	CANVAS PAINTING ★ 👤 Library	LOTUS PETAL FOLDING ★ 👤 Library	
15.00	MINI BAND ★ 👤 🧤 Dance Studio	ABS, BUTTOCKS & THIGHS 🧤 🧤 Dance Studio	FREE FORM ★ 👤 🧤 Dance Studio
16.00	NEURODYNAMIC EXERCISE Dance Studio ★ 👤	GYROKINESIS ★ 👤 Dance Studio	NEUROMUSCULAR EXERCISE Dance Studio ★ 👤 🧤
17.00	MANTRA MEDITATION 🗣️ Dance Studio	HIP OPENING YOGA Dance Studio	YOGA – NIDRA (MEDITATION) 🗣️ Dance Studio