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7.00	<b>3 IN 1</b> Dance Studio   	<b>ENERGY AWAKENING</b>  Yoga Pavilion	<b>TAI CHI</b> Yoga Pavilion	<b>BARBELL FUSION</b>    Dance Studio
8.00	<b>HATHA YOGA</b> Yoga Pavilion	<b>GENTLE YOGA</b> Yoga Pavilion	<b>VINYASA YOGA</b> Yoga Pavilion	<b>HATHA YOGA</b> Yoga Pavilion
9.00	<b>STRETCHING</b>   Yoga Pavilion	<b>STRETCHING</b>   Yoga Pavilion	<b>STRETCHING</b>   Yoga Pavilion	<b>STRETCHING</b>   Yoga Pavilion
10.00	<b>PILATES MAT</b> Dance Studio	<b>ABS, BUTTOCKS &amp; THIGHS</b>   Dance Studio	<b>HIIT</b>   Dance Studio	<b>PILATES MAT</b> Dance Studio
10.00			<b>SOUND BATH MEDITATION</b> with Rajeshwari Nerurkar 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>NURTURING PARENTS</b> with Patience Sangwa, ND. Multi-function room   	<b>PILATES REFORMER</b>    Pilates Studio 2,000++ THB per person		
14.00		<b>SISAL BAG PAINTING</b>   Library		<b>FAN PAINTING</b>   Library
15.00	<b>LMT</b>    Dance Studio	<b>HIP OPENING YOGA</b> Dance Studio	<b>MOTR</b>    Dance Studio	<b>STICK MOBILITY</b>   Dance Studio
16.00	<b>LUMBOPELVIC RHYTHM CLASS</b> Dance Studio  	<b>INNER CORE EXERCISE</b>   Dance Studio	<b>NEURODYNAMIC EXERCISE</b>   Dance Studio	<b>BETTER SLEEP CLASS</b>   Dance Studio
16.00				<b>THE WIND ELEMENT AND NERVOUS SYSTEM BALANCE</b> Multi-function room   
17.00	<b>MANTRA MEDITATION</b>  Dance Studio	<b>MYO COMPRESSION</b>   Dance Studio	<b>PRANAYAMA</b>  Dance Studio	<b>EVENING STRETCH</b> Dance Studio



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 5 <sup>th</sup> JUNE	SATURDAY 6 <sup>th</sup> JUNE	SUNDAY 7 <sup>th</sup> JUNE
		<b>GLOBAL WELLNESS ACTIVITY</b> Ban Pa La-U Noi Village Meet at the Guest Service Agent Office ★ 👤
6.45 <b>MIIT</b> Dance Studio 🏋️ 🧘	<b>BOOT CAMP</b> In front of Bathing Pavilion 🏋️ 🧘	<b>TAI CHI</b> Yoga Pavilion
7.00 <b>GENTLE YOGA</b> Yoga Pavilion	<b>SIVANANDA YOGA</b> Yoga Pavilion	<b>VINYASA YOGA</b> Yoga Pavilion
8.00 <b>STRETCHING</b> Yoga Pavilion ★ 👤	<b>STRETCHING</b> Yoga Pavilion ★ 👤	<b>STRETCHING</b> Yoga Pavilion ★ 👤
9.00 <b>INTERVAL CYCLING</b> Dance Studio ★ 👤 🏋️ 🧘	<b>YBELL ESSENTIAL</b> Dance Studio 🏋️ 🧘	<b>METAFIT</b> Dance Studio 🏋️ 🧘
10.00	<b>SOUND BATH MEDITATION</b> with Rajeshwari Nerurkar Yoga Pavilion ★ 👤 EN	
10.00 <b>AQUA HAND BUOYS</b> Bathing Pavilion ★ 👤	<b>AQUA BOX</b> Bathing Pavilion ★ 👤	<b>AQUA NOODLE</b> Bathing Pavilion ★ 👤
11.00	<b>THAI WISDOM FOR ELEMENT BALANCE</b> with Chananchida Banyeam, ATMP Multi-function room ★ 👤 EN	
14.00	<b>LOTUS PETAL FOLDING</b> Library ★ 👤	
14.00 <b>FREE FORM</b> Dance Studio ★ 👤 🧘	<b>ABS, BUTTOCKS &amp; THIGHS</b> Dance Studio 🏋️ 🧘	<b>MINI BAND</b> Dance Studio ★ 👤 🧘
15.00 <b>UNDERSTANDING SOUND HEALING</b> with Ashley Tan Multi-function room ★ 👤 EN		
15.00 <b>GYROKINESIS</b> Dance Studio ★ 👤	<b>BOUNCING &amp; BALANCE</b> Yoga Pavilion ★ 👤	<b>NEUROMUSCULAR EXERCISE</b> Dance Studio ★ 👤 🏋️
16.00 <b>ANAPANASTI MEDITATION</b> Dance Studio EN	<b>HIP OPENING YOGA</b> Dance Studio	<b>YOGA – NIDRA (MEDITATION)</b> Dance Studio EN
17.00		

1<sup>st</sup> - 7<sup>th</sup> June 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