





























































	MONDAY 1 st JUNE	TUESDAY 2 nd JUNE	WEDNESDAY 3 rd JUNE	THURSDAY 4 th JUNE
7.00	3 IN 1 Dance Studio   	ENERGY AWAKENING Yoga Pavilion 	TAI CHI Yoga Pavilion	BARBELL FUSION Dance Studio   
8.00	HATHA YOGA Yoga Pavilion	GENTLE YOGA Yoga Pavilion	VINYASA YOGA Yoga Pavilion	HATHA YOGA Yoga Pavilion
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  	HIIT Dance Studio  	PILATES MAT Dance Studio
11.00	AQUA NOODLE Bathing Pavilion  	AQUA HAND BUOYS Bathing Pavilion  	AQUA BOX Bathing Pavilion  	AQUA NOODLE Bathing Pavilion  
14.00	NURTURING PARENTS with Patience Sangwa, ND. Multi-function room   	PILATES REFORMER Pilates Studio    2,000++ THB per person		
14.00		SISAL BAG PAINTING Library  		FAN PAINTING Library  
15.00	LMT Dance Studio   	HIP OPENING YOGA Dance Studio	BALLAST BALL Dance Studio   	STICK MOBILITY Dance Studio  
16.00	LUMBOPELVIC RHYTHM CLASS Dance Studio  	INNER CORE EXERCISE Dance Studio  	NEURODYNAMIC EXERCISE Dance Studio  	BETTER SLEEP CLASS Dance Studio  
16.00				THE WIND ELEMENT AND NERVOUS SYSTEM BALANCE Multi-function room   
17.00	MANTRA MEDITATION Dance Studio 	MYO COMPRESSION Dance Studio  	PRANAYAMA 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

FRIDAY 5th JUNE

SATURDAY 6th JUNE

SUNDAY 7th JUNE

1st - 7th June 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

7.00	MIIT 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    	YBELL ESSENTIAL Dance Studio  	METAFIT Dance Studio  
11.00	AQUA HAND BUOYS Bathing Pavilion  	AQUA BOX Bathing Pavilion  	AQUA NOODLE Bathing Pavilion  
14.00		LOTUS PETAL FOLDING Library  	
15.00	STICK MOBILITY Dance Studio  	ABS, BUTTOCKS & THIGHS Dance Studio  	MINI BAND Dance Studio   
16.00	GYROKINESIS Dance Studio  	BOUNCING & BALANCE Yoga Pavilion  	NEUROMUSCULAR EXERCISE Dance Studio   
17.00	ANAPANASTI MEDITATION Dance Studio 	HIP OPENING YOGA Dance Studio  	YOGA – NIDRA (MEDITATION) Dance Studio 