

	MONDAY 18 th MAY	TUESDAY 19 th MAY	WEDNESDAY 20 th MAY	THURSDAY 21 st MAY
7.00	3 IN 1 Dance Studio   	ENERGY AWAKENING  Yoga Pavilion	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		SIX HEALING SOUNDS PRACTICE with Jang Kanlayanee Sound Therapy room (Spa Cpl room no.10)   		BREATHE INTO BALANCE with Brad Reed Dance Studio   
9.00	STRETCHING   Yoga Pavilion	STRETCHING   Yoga Pavilion	STRETCHING   Yoga Pavilion	STRETCHING   Yoga Pavilion
10.00	PILATES MAT Dance Studio	INTERVAL CYCLING    	YBELL ESSENTIAL   	PILATES MAT Dance Studio
10.00	MU – I TAI CHI with Brad Reed Yoga Pavilion   	OSTEOPATHIC HEALING FOR MAINTENANCE AND PREVENTION with Rachel Ellery Multi-function room   		
11.00	AQUA HAND BUOYS   Bathing Pavilion	AQUA BOX   Bathing Pavilion	AQUA NOODLE   Bathing Pavilion	AQUA HAND BUOYS   Bathing Pavilion
14.00	FRUIT & VEGETABLE CARVING Library  	PILATES REFORMER    Pilates Studio 2,000++ THB per person	CANVAS PAINTING   Library	TRAUMA BREATHING REGULATION with Rachel Ellery Dance Studio   
15.00	LMT    Dance Studio	FLUID X    Dance Studio	BALLAST BALL    Dance Studio	STICK MOBILITY   Dance Studio
15.00	SOUNDSCAPE AND MANTRA with Theelon Kurusattra, FWS Sound Therapy room (Spa Cpl room no.10)   			
16.00	TONING BALL   Dance Studio	INNER CORE EXERCISE   Dance Studio	LUMBOPELVIC RHYTHM CLASS   Dance Studio	BETTER SLEEP CLASS   Dance Studio
17.00	PRANAYAMA  Dance Studio	HIP OPENING YOGA Dance Studio	MYO COMPRESSION   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 22nd MAY

SATURDAY 23rd MAY

SUNDAY 24th MAY

18th – 24th 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

Time	FRIDAY 22 nd MAY	SATURDAY 23 rd MAY	SUNDAY 24 th 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 ★ 👤 💪 🧤	YBELL ESSENTIAL Dance Studio 💪 🧤	METAFIT Dance Studio 💪 🧤
10.00	SOUND BATH THE SYMPHONY OF INNER HARMONY with Jang Kanlayanee Sound Therapy room (Spa Cpl room no.10) ★ 👤 EN	WARRIOR FLOW – ENERGY & INNER STRENGTH with Brad Reed Yoga Pavilion ★ 👤 EN	
10.00		NATURE MANDARA with Theelon Kurusattra, FWS Orchid Lounge ★ 👤 EN	
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	CANVAS PAINTING Library ★ 👤	WHAT ARE CHAKRA MUDRAS AND SOUND HEALING with Jang Kanlayanee Multi-function room ★ 👤 EN	FLOATING FLOWER WITH CANDLE 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 EN	HIP OPENING YOGA Dance Studio	YOGA – NIDRA (MEDITATION) Dance Studio EN