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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	ABS, BUTTOCKS & THIGHS   Dance Studio	YBELL ESSENTIAL    Dance Studio	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 BOX   Bathing Pavilion	AQUA NOODLE   Bathing Pavilion	AQUA HAND BUOYS   Bathing Pavilion	AQUA BOX   Bathing Pavilion
14.00		PILATES REFORMER    Pilates Studio 2,000++ THB per person		TRAUMA BREATHING REGULATION with Rachel Ellery Dance Studio   
14.00		SISAL BAG PAINTING   Library		FAN PAINTING   Library
15.00	LMT    Dance Studio	FLUID X    Dance Studio	BALLAST BALL    Dance Studio	STICK MOBILITY   Dance Studio
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	PRANAYAMA  Dance Studio
	 Sports shoes required	 Book at Health & Wellness Reception (Extg.) in advance of class	 Limited Number of participants	 Intermediate level
			 Additional charges apply	 Moderate to Fluent English Required

FRIDAY 29th MAY

SATURDAY 30th MAY

SUNDAY 31st MAY

25th – 31st 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

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 💪 🧘
11.00	AQUA NOODLE Bathing Pavilion ★ 👤	AQUA HAND BUOYS Bathing Pavilion ★ 👤	AQUA BOX 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 ★ 👤 EN	THAI WISDOM FOR ELEMENT BALANCE with Chananchida Banyeam, ATMP Multi-function room ★ 👤 EN
14.00		COCONUT LEAF CARP WEAVING (PLA – TA – PIEN) 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 ★ 👤 💪
16.00	TIBETAN BOWLS SOUND BATH with Holistic Therapist Sound Therapy room (Spa Cpl room no.10) ★ 👤 EN		
17.00	ANAPANASTI MEDITATION Dance Studio EN	HIP OPENING YOGA Dance Studio	YOGA – NIDRA (MEDITATION) Dance Studio EN