



























































MONDAY 15 th JUNE		TUESDAY 16 th JUNE		WEDNESDAY 17 th JUNE		THURSDAY 18 th JUNE	
7.00	3 IN 1 Dance Studio   	ENERGY AWAKENING  Dance Studio	TAI CHI Dance Studio	BARBELL FUSION   			
8.00	HATHA YOGA Dance Studio	GENTLE YOGA Dance Studio	VINYASA YOGA Dance Studio	HATHA YOGA Dance Studio			
9.00	STRETCHING   Dance Studio	STRETCHING   Dance Studio	STRETCHING   Dance Studio	STRETCHING   Dance Studio			
10.00	PILATES MAT Dance Studio	ABS, BUTTOCKS & THIGHS   Dance Studio	HIIT   Dance Studio	PILATES MAT Dance Studio			
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					
14.00		SISAL BAG PAINTING   Library		FAN PAINTING   Library			
15.00	LMT    Dance Studio	HIP OPENING YOGA Dance Studio	BALLAST BALL    Dance Studio	FREE FORM    Dance Studio			
15.00	AYURVEDIC PERSPECTIVE ON WOMEN'S HEALTH with Rajeshwari Nerurkar Multi-Function Room   						
16.00	LUMBOPELVIC RHYTHM CLASS   Dance Studio	INNER CORE EXERCISE   Dance Studio	NEURODYNAMIC EXERCISE   Dance Studio	BETTER SLEEP CLASS   Dance Studio			
17.00	ANAPANASTI MEDITATION  Dance Studio	MYO COMPRESSION   Dance Studio	PRANAYAMA  Dance Studio	EVENING STRETCH Dance Studio			



Sports shoes required



Book at Health & Wellness Reception (Ext.3.) in advance of class



Limited Number of participants




















































Intermediate level



Additional charges apply



Moderate to Fluent English Required

	FRIDAY 19 th JUNE	SATURDAY 20 th JUNE	SUNDAY 21 st JUNE
7.00	MIIT Dance Studio 	BOOT CAMP In front of Bathing Pavilion 	TAI CHI Yoga Pavilion
8.00	GENTLE YOGA Dance Studio	SIVANANDA YOGA Dance Studio	VINYASA YOGA Yoga Pavilion
9.00	STRETCHING Dance Studio  	STRETCHING Dance Studio  	STRETCHING Yoga Pavilion  
10.00	INTERVAL CYCLING Dance Studio    	NATURE MANDARA with Theelon Kurusattra, FWS Orchid Lounge   	YOGA WHEEL FLOW Yoga Pavilion  
10.00		SOUND BATH MEDITATION with Rajeshwari Nerurkar 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		SEASHELL MOBILE CRAFT Library  	
15.00	STICK MOBILITY Dance Studio  	ABS, BUTTOCKS & THIGHS Dance Studio 	MINI BAND Dance Studio   
15.00			EMOTIONAL INTELLIGENCE JOURNEY with Theelon Kurusattra, FWS Multi-Function room   
16.00	GYROKINESIS Dance Studio  	TONING BALL Dance Studio  	NEUROMUSCULAR EXERCISE Dance Studio   
17.00	MANTRA MEDITATION Dance Studio 	HIP OPENING YOGA Dance Studio	ANAPANASTI MEDITATION Dance Studio 

19th - 21st 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
BREAKFAST	07:00 - 10:30
LUNCH	12:00 - 14:30
DINNER	18:00 - 21:00