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7.00	<b>3 IN 1</b> Yoga Pavilion   	<b>ENERGY AWAKENING</b>  Yoga Pavilion	<b>TAI CHI</b> Yoga Pavilion	<b>BARBELL FUSION</b>   			
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> Yoga Pavilion	<b>ABS, BUTTOCKS &amp; THIGHS</b>   Yoga Pavilion	<b>HIIT</b>   Yoga Pavilion	<b>PILATES MAT</b> Yoga Pavilion			
10.00	<b>NATURE MANDARA</b> with Theelon Kurusattra, FWS Orchid Lounge   						
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>FRUIT &amp; VEGETABLE CARVING</b> Orchid Lounge  		<b>NAPKIN FOLDING</b>   Library	<b>FAN PAINTING</b>   Library			
15.00	<b>LMT</b>    Yoga Pavilion	<b>HIP OPENING YOGA</b> Yoga Pavilion	<b>BALLAST BALL</b>    Yoga Pavilion	<b>MOTR</b>    Yoga Pavilion			
15.00	<b>AYURVEDIC PERSPECTIVE ON WOMEN'S HEALTH</b> with Rajeshwari Nerurkar Multi-Function Room   						
16.00	<b>LUMBOPELVIC RHYTHM CLASS</b> Yoga Pavilion  	<b>INNER CORE EXERCISE</b>   Yoga Pavilion	<b>NEURODYNAMIC EXERCISE</b>   Yoga Pavilion	<b>BETTER SLEEP CLASS</b>   Yoga Pavilion			
16.00		<b>TIBETAN BOWLS SOUND BATH</b> with Holistic Therapist Sound Therapy room (Spa Cpl room no.10)   					
17.00	<b>MANTRA MEDITATION</b>  Yoga Pavilion	<b>MYO COMPRESSION</b>   Yoga Pavilion	<b>PRANAYAMA</b>  Yoga Pavilion	<b>EVENING STRETCH</b> Yoga Pavilion			
 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 26<sup>th</sup> JUNE






















































SATURDAY 27<sup>th</sup> JUNE

SUNDAY 28<sup>th</sup> JUNE

22<sup>nd</sup> June - 28<sup>th</sup> June 2022

CLASS & ACTIVITIES SCHEDULE



7.00	<b>MIIT</b> Yoga Pavilion  	<b>BOOT CAMP</b> Yoga Pavilion  	<b>TAI CHI</b> Yoga Pavilion
8.00	<b>GENTLE YOGA</b> Yoga Pavilion	<b>SIVANANDA YOGA</b> Yoga Pavilion	<b>VINYASA YOGA</b> Yoga Pavilion
9.00	<b>STRETCHING</b> Yoga Pavilion  	<b>STRETCHING</b> Yoga Pavilion  	<b>STRETCHING</b> Yoga Pavilion  
10.00	<b>LMT</b> Yoga Pavilion   	<b>HIIT</b> Yoga Pavilion  	<b>METAFIT</b> Yoga Pavilion  
10.00	<b>NATURE MANDARA</b> with Theelon Kurusattra, FWS Orchid Lounge   		
11.00	<b>AQUA HAND BUOYS</b> Bathing Pavilion  	<b>AQUA BOX</b> Bathing Pavilion  	<b>AQUA NOODLE</b> Bathing Pavilion  
14.00	<b>THAI WISDOM FOR ELEMENT BALANCE</b> with Chananchida Banyeam, ATMP Multi-function room   		<b>FLOATING FLOWER WITH CANDLE</b> Library  
15.00	<b>STICK MOBILITY</b> Yoga Pavilion  	<b>ABS, BUTTOCKS &amp; THIGHS</b> Yoga Pavilion  	<b>MINI BAND</b> Yoga Pavilion   
15.00	<b>UNDERSTANDING SOUND HEALING</b> with Ashley Tan Multi-function room   		<b>EMOTIONAL INTELLIGENCE JOURNEY</b> with Theelon Kurusattra, FWS Multi-Function room   
16.00	<b>GYROKINESIS</b> Yoga Pavilion  	<b>BOUNCING &amp; BALANCE</b> Yoga Pavilion  	<b>NEUROMUSCULAR EXERCISE</b> Yoga Pavilion   
17.00	<b>MANTRA MEDITATION</b> Yoga Pavilion 	<b>HIP OPENING YOGA</b> Yoga Pavilion	<b>YOGA – NIDRA (MEDITATION)</b> Yoga Pavilion 

  
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