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7.00	3 IN 1 Dance Studio   	ENERGY AWAKENING  Yoga Pavilion	TAI CHI Yoga Pavilion	BARBELL FUSION   			
8.00	HATHA YOGA Yoga Pavilion	GENTLE YOGA Yoga Pavilion	VINYASA YOGA Yoga Pavilion	HATHA YOGA Yoga Pavilion			
9.00	STRETCHING   Yoga Pavilion	STRETCHING   Dance Studio	STRETCHING   Yoga Pavilion	STRETCHING   Yoga Pavilion			
10.00	PILATES MAT Dance Studio	ABS, BUTTOCKS & THIGHS   Dance Studio	HIIT   Dance Studio	PILATES MAT Dance Studio			
10.00	NATURE MANDARA with Theelon Kurusattra, FWS Orchid Lounge   						
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		FAN PAINTING   Library			
14.00		SISAL BAG PAINTING   Library		UNDERSTANDING SOUND HEALING with Ashley Tan Multi-function room   			
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   		EMOTIONAL INTELLIGENCE JOURNEY with Theelon Kurusattra, FWS Multi-Function room   				
16.00	LUMBOPELVIC RHYTHM CLASS   Dance Studio	INNER CORE EXERCISE   Dance Studio	BOUNCING & BALANCE   Yoga Pavilion	BETTER SLEEP CLASS   Dance Studio			
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 3rd JULY

SATURDAY 4th JULY

SUNDAY 5th JULY

29th June – 5th July 2022

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  
10.00		NATURE MANDARA with Theelon Kurusattra, FWS Orchid Lounge   	
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		LOTUS PETAL FOLDING 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	NEURODYNAMIC EXERCISE Dance Studio  	LUMBOPELVIC RHYTHM CLASS Dance Studio  	INNER CORE EXERCISE Dance Studio  
17.00	ANAPANASTI MEDITATION Dance Studio 	HIP OPENING YOGA Dance Studio	YOGA – NIDRA (MEDITATION) Dance Studio 