















	MONDAY 8 th JUNE	TUESDAY 9 th JUNE	WEDNESDAY 10 th JUNE	THURSDAY 11 th JUNE
7.00	3 IN 1 Dance Studio   	ENERGY AWAKENING  Yoga Pavilion	TAI CHI Yoga Pavilion	BARBELL FUSION    Dance Studio
8.00	HATHA YOGA Yoga Pavilion	GENTLE YOGA Yoga Pavilion	VINYASA YOGA Yoga Pavilion	GENTLE 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			SOUND BATH MEDITATION with Rajeshwari Nerurkar Yoga Pavilion   	
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	NAPKIN FOLDING   Library	FAN PAINTING   Library
15.00	LMT    Dance Studio	HIP OPENING YOGA Dance Studio	BALLAST BALL    Dance Studio	MOTR    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	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

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

	FRIDAY 12 th JUNE	SATURDAY 13 th JUNE	SUNDAY 14 th JUNE
7.00	PRANAYAMA Yoga Pavilion	BOOT CAMP In front of Bathing Pavilion	TAI CHI Yoga Pavilion
8.00	HATHA 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 MEDITATION with Rajeshwari Nerurkar Yoga Pavilion	
11.00	AQUA BOX Bathing Pavilion	AQUA NOODLE Bathing Pavilion	AQUA HAND BUOYS Bathing Pavilion
14.00	THAI WATER BALM WORKSHOP Library		COCONUT LEAF CARP WEAVING (PLA - TA - PIEN) Library
15.00	STICK MOBILITY Dance Studio	ABS, BUTTOCKS & THIGHS Dance Studio	MINI BAND Dance Studio
15.00	UNDERSTANDING SOUND HEALING with Ashley Tan Multi-function room	AWAKENING OF CHI - ACUPUNCTURE BREATHWORK EXPERIENCE <i>*Includes light acupuncture during breathwork</i> with Prathana Kumboonchu, TCM Specialist Sound Therapy Room (Spa Cpl room no.10)	
16.00	GYROKINESIS Dance Studio	BOUNCING & BALANCE Yoga Pavilion	NEUROMUSCULAR EXERCISE Dance Studio
17.00	ANAPANASTI MEDITATION Dance Studio	HIP OPENING YOGA Dance Studio	YOGA - NIDRA (MEDITATION) Dance Studio