

MONDAY 10 th AUGUST			TUESDAY 11 th AUGUST			WEDNESDAY 12 th AUGUST			THURSDAY 13 th AUGUST		
7.00	3 IN 1 Dance Studio	★ 👤 📣	KETTLEBELL Dance Studio	EN		TAI CHI Yoga Pavilion			BARBELL FUSION Dance Studio	★ 👤 📣	
8.00	VINYASA YOGA Yoga Pavilion		SIVANANDA YOGA Yoga Pavilion			HATHA YOGA Yoga Pavilion			SIVANANDA YOGA Yoga Pavilion		
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	💪 📣		HIIT Dance Studio	💪 📣		PILATES MAT Dance Studio		
10.00	NATURE MANDARA with Theelon Kurusattrra, FWS Orchid Lounge	★ 👤 EN							SOUND BATH MEDITATION with Rajeshwari Nerurkar Yoga Pavilion	★ 👤 EN	
11.00	AQUA HAND BUOYS Bathing Pavilion	★ 👤	AQUA BOX Bathing Pavilion	★ 👤		AQUA NOODLE Bathing Pavilion	★ 👤		AQUA HAND BUOYS Bathing Pavilion	★ 👤	
14.00			PILATES REFORMER Pilates Studio 2,000++ THB per person	★ 👤 \$							
14.00			SISAL BAG PAINTING Library	★ 👤		DIY FACIAL MIST Library	★ 👤 EN		FAN PAINTING Library	★ 👤	
15.00	LMT Dance Studio	★ 👤 📣				BALLAST BALL Dance Studio	★ 👤 📣		FREE FORM Dance Studio	★ 👤 📣	
15.00	AYURVEDIC PERSPECTIVE ON WOMEN'S HEALTH with Rajeshwari Nerurkar Multi-Function Room	★ 👤 EN	EMOTIONAL INTELLIGENCE JOURNEY with Theelon Kurusattrra, FWS Multi-Function room	★ 👤 EN							
16.00	TONING BALL Dance Studio	★ 👤	LUMBOPELVIC RHYTHM CLASS Dance Studio	★ 👤		BOUNCING & BALANCE Yoga Pavilion	★ 👤		INNER CORE EXERCISE Dance Studio	★ 👤	
17.00	MANTRA MEDITATION Dance Studio	EN	ANAPANASTI MEDITATION Dance Studio	EN		PRANAYAMA Dance Studio	EN		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

10th August – 16th August 2026

CLASS & ACTIVITIES
SCHEDULE



Chiva-Som

Please shower before taking part in water activities; tie up long hair or use a bathing cap. Class instructors may change without prior notice.

	Taste of Siam
BREAKFAST	07:00 - 10:30
LUNCH	12:00 - 14:30
DINNER	18:00 - 21:00