

MONDAY 3 rd AUGUST			TUESDAY 4 th AUGUST			WEDNESDAY 5 th AUGUST			THURSDAY 6 th AUGUST		
7.00	3 IN 1 Dance Studio	★ 👤 📖	ENERGY AWAKENING Yoga Pavilion	EN		TAI CHI Yoga Pavilion			BARBELL FUSION Dance Studio	★ 👤 📖	
8.00	VINYASA YOGA Yoga Pavilion		GENTLE YOGA Yoga Pavilion			GENTLE YOGA Yoga Pavilion			HATHA 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 Kurusattra, FWS Orchid Lounge	★ 👤 EN		SOUND BATH MEDITATION with Rajeshwari Nerurkar Yoga Pavilion	★ 👤 EN	
11.00	AQUA NOODLE Bathing Pavilion	★ 👤	AQUA HAND BUOYS Bathing Pavilion	★ 👤		AQUA BOX Bathing Pavilion	★ 👤		AQUA NOODLE Bathing Pavilion	★ 👤	
14.00	THAI WISDOM FOR ELEMENT BALANCE with Chananchida Banyeam, ATMP Multi-function room	★ 👤 EN	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	★ 👤 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			EN Moderate to Fluent English Required		

3rd August – 9th August 2026

CLASS & ACTIVITIES
SCHEDULE



Chiva-Som

B S M L C B

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