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7.00	<b>3 IN 1</b> Dance Studio   	<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> Dance Studio	<b>ABS, BUTTOCKS &amp; THIGHS</b>   Dance Studio	<b>HIIT</b>   Dance Studio	<b>PILATES MAT</b> Dance Studio			
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>THAI WISDOM FOR ELEMENT BALANCE</b> with Chananchida Banyeam, ATMP Multi-function room   	<b>PILATES REFORMER</b>    Pilates Studio 2,000++ THB per person		<b>UNDERSTANDING SOUND HEALING</b> with Ashley Tan Multi-function room   			
14.00	<b>FRUIT &amp; VEGETABLE CARVING</b> Library  	<b>SISAL BAG PAINTING</b>   Library	<b>THAI HANDKERCHIEF PRINTING</b>   Library				
15.00	<b>LMT</b>    Dance Studio	<b>HIP OPENING YOGA</b> Dance Studio	<b>BALLAST BALL</b>    Dance Studio	<b>FREE FORM</b>    Dance Studio			
15.00			<b>EMOTIONAL INTELLIGENCE JOURNEY</b> with Theelon Kurusattra, FWS Multi-Function room   				
16.00	<b>TONING BALL</b>   Dance Studio	<b>GYROKINESIS</b>   Dance Studio	<b>BOUNCING &amp; BALANCE</b>   Yoga Pavilion	<b>BETTER SLEEP CLASS</b>   Dance Studio			
16.00		<b>THE WATER ELEMENTS – BALANCE, FLOW AND RENEWAL</b>    Multi-Function room					
17.00	<b>MANTRA MEDITATION</b>  Dance Studio	<b>ANAPANASTI MEDITATION</b>  Dance Studio	<b>PRANAYAMA</b>  Dance Studio	<b>EVENING STRETCH</b> Dance Studio			



Sports shoes required



Book at Health &amp; 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
<b>BREAKFAST</b>	07:00 - 10:30
<b>LUNCH</b>	12:00 - 14:30
<b>DINNER</b>	18:00 - 21:00

	FRIDAY 10 <sup>th</sup> JULY	SATURDAY 11 <sup>th</sup> JULY	SUNDAY 12 <sup>th</sup> JULY
7.00	<b>MIIT</b> Dance Studio  	<b>BOOT CAMP</b> In front of Bathing 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>INTERVAL CYCLING</b> Dance Studio    	<b>YBELL ESSENTIAL</b> Dance Studio  	<b>METAFIT</b> Dance Studio  
10.00		<b>SOUND BATH MEDITATION</b> with Rajeshwari Nerurkar 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 NOODLE</b>   Bathing Pavilion	<b>AQUA NOODLE</b>   Bathing Pavilion
14.00		<b>PILATES REFORMER</b>    Pilates Studio 2,000++ THB per person	<b>COCONUT LEAF CARP WEAVING (PLA – TA – PIEN)</b> Library  
14.00			<b>EMOTIONAL INTELLIGENCE JOURNEY</b> with Theelon Kurusattra, FWS Multi-Function room   
15.00	<b>STICK MOBILITY</b>   Dance Studio	<b>ABS, BUTTOCKS &amp; THIGHS</b>   Dance Studio	<b>MINI BAND</b>    Dance Studio
15.00			<b>AWAKENING OF CHI – ACUPUNCTURE BREATHWORK EXPERIENCE</b> <i>*Includes light acupuncture during breathwork</i> with Prathana Kumboonchu, TCM Specialist    Sound Therapy Room (Spa Cpl room no.10)
16.00	<b>NEURODYNAMIC EXERCISE</b> Dance Studio  	<b>LUMBOPELVIC RHYTHM CLASS</b>   Dance Studio	<b>INNER CORE EXERCISE</b>   Dance Studio
17.00	<b>MANTRA MEDITATION</b>  Dance Studio	<b>HIP OPENING YOGA</b> Dance Studio	<b>YOGA – NIDRA (MEDITATION)</b>  Dance Studio