

MONDAY 24 th AUGUST			TUESDAY 25 th AUGUST			WEDNESDAY 26 th AUGUST			THURSDAY 27 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			HATHA YOGA Yoga Pavilion			VINYASA 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 MANDALA with Theelon Kurusattrra, FWS Orchid Lounge	★ 👤 EN				NATURE MANDALA with Theelon Kurusattrra, FWS Orchid Lounge	★ 👤 EN				
11.00	AQUA NOODLE Bathing Pavilion	★ 👤	AQUA HAND BUOYS Bathing Pavilion	★ 👤		AQUA BOX Bathing Pavilion	★ 👤		AQUA NOODLE Bathing Pavilion	★ 👤	
14.00	FRUIT & VEGETABLE CARVING Orchid Lounge	★ 👤	PILATES REFORMER Pilates Studio 2,000++ THB per person	★ 👤 \$					FAN PAINTING Library	★ 👤	
15.00	LMT Dance Studio	★ 👤 📣	HIP OPENING YOGA Dance Studio			BALLAST BALL Dance Studio	★ 👤 📣		MOTR Dance Studio	★ 👤 💪	
15.00			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			EN Moderate to Fluent English Required		

24th August – 30th August 2026

CLASS & ACTIVITIES
SCHEDULE



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