

MONDAY 31 st AUGUST			TUESDAY 1 st SEPTEMBER			WEDNESDAY 2 nd SEPTEMBER			THURSDAY 3 rd SEPTEMBER		
7.00	3 IN 1 Dance Studio	★ 👤 📣	MIIT Dance Studio	💪 📣		TAI CHI Yoga Pavilion			BARBELL FUSION Dance Studio	★ 👤 📣	
8.00	VINYASA YOGA Yoga Pavilion		ENERGY AWAKENING Yoga Pavilion	🗨️		HATHA YOGA Yoga Pavilion			VINYASA YOGA Dance Studio		
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 Kurusattr, FWS Orchid Lounge	★ 👤 🗨️							
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	★ 👤 💰		LISTENING TO THE BODY THROUGH FOOD with Greg Shiu, DC, AK Multi-Function Room	★ 👤 🗨️				
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	EMOTIONAL INTELLIGENCE JOURNEY with Theelon Kurusattr, FWS Multi-Function room	★ 👤 🗨️				SOUNDSCAPE & MANTRA with Theelon Kurusattr, FWS Sound Therapy room (Spa Cpl room no.10)	★ 👤 🗨️				
16.00	TONING BALL Dance Studio	★ 👤	INNER CORE EXERCISE Dance Studio	★ 👤		BOUNCING & BALANCE Yoga Pavilion	★ 👤		GYROKINESIS 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		

	FRIDAY 4 th SEPTEMBER	SATURDAY 5 th SEPTEMBER	SUNDAY 6 th SEPTEMBER
7.00	MIIT Dance Studio  	BOOT CAMP In front of Bathing Pavilion  	TAI CHI Yoga Pavilion
8.00	SIVANANDA YOGA Yoga Pavilion	GENTLE YOGA Yoga Pavilion	HATHA YOGA Yoga Pavilion
9.00	STRETCHING Yoga Pavilion  	STRETCHING Yoga Pavilion  	STRETCHING Yoga Pavilion  
10.00	INTERVAL CYCLING Dance Studio    	YBELL ESSENTIAL Yoga Pavilion  	METAFIT Dance Studio  
10.00		NATURE MANDALA with Theelon Kurusattru, FWS Orchid Lounge   	
11.00	AQUA BOX Bathing Pavilion  	AQUA NOODLE Bathing Pavilion  	AQUA HAND BUOYS Bathing Pavilion  
14.00			COCONUT LEAF GRASSHOPPER Library  
15.00	STICK MOBILITY Dance Studio  	ABS, BUTTOCKS & THIGHS Yoga Pavilion  	MINI BAND Dance Studio   
15.00			EMOTIONAL INTELLIGENCE JOURNEY with Theelon Kurusattru, FWS Multi-Function room   
16.00	BETTER SLEEP CLASS Dance Studio  	NEUROMUSCULAR EXERCISE Yoga Pavilion   	NEURODYNAMIC EXERCISE Dance Studio  
17.00	MANTRA MEDITATION Dance Studio 	HIP OPENING YOGA Yoga Pavilion	YOGA – NIDRA (MEDITATION) Dance Studio 

31st August – 6th September 2026

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