

MONDAY 7 th SEPTEMBER			TUESDAY 8 th SEPTEMBER			WEDNESDAY 9 th SEPTEMBER			THURSDAY 10 th SEPTEMBER		
7.00	3 IN 1 Dance Studio	★ 👤 🧦	KETTLEBELL Dance Studio	★ 👤 🧦		TAI CHI Yoga Pavilion			BARBELL FUSION Dance Studio	★ 👤 🧦	
8.00	VINYASA YOGA Yoga Pavilion		ENERGY AWAKENING Yoga Pavilion		EN	GENTLE YOGA Yoga Pavilion			VINYASA YOGA Yoga Pavilion		
8.00			FASCIA STRETCHING AND ITS EFFECTS ON DIFFERENT PARTS OF THE BODY with Greg Shiu, DC, AK Dance Studio		★ 👤 EN						
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	💪 🧦		PILATES MAT Dance Studio			HIIT Dance Studio	💪 🧦	
10.00			NATURE MANDALA with Theelon Kurusattr, FWS Orchid Lounge		★ 👤 EN						
11.00	AQUA BOX Bathing Pavilion	★ 👤	AQUA NOODLE Bathing Pavilion	★ 👤		AQUA HAND BUOYS Bathing Pavilion	★ 👤		AQUA BOX 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		★ 👤 EN			
14.00	FRUIT & VEGETABLE CARVING Library		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	SOUNDSCAPE & MANTRA with Theelon Kurusattr, FWS Sound Therapy room (Spa Cpl room no.10)	★ 👤 EN									
16.00	LUMBOPELVIC RHYTHM CLASS Dance Studio	★ 👤	INNER CORE EXERCISE Dance Studio	★ 👤		BOUNCING & BALANCE Yoga Pavilion	★ 👤		GYROKINESIS Dance Studio	★ 👤	
16.00									TIBETAN BOWLS SOUND BATH with Holistic Therapist Sound Therapy room (Spa Cpl room no.10)	★ 👤 EN	
17.00	MANTRA MEDITATION Dance Studio	EN	ANAPANASTI MEDITATION Dance Studio	EN		MYO COMPRESSION 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			EN Moderate to Fluent English Required		

	FRIDAY 1 th SEPTEMBER	SATURDAY 2 th SEPTEMBER	SUNDAY 3 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 Dance Studio  	METAFIT Dance Studio  
11.00	AQUA NOODLE Bathing Pavilion  	AQUA HAND BUOYS Bathing Pavilion  	AQUA BOX Bathing Pavilion  
14.00	THAI WISDOM FOR ELEMENT BALANCE with Chananchida Banyeam, ATMP Multi-function room   	PILATES REFORMER Pilates Studio 2,000++ THB per person   	
14.00		FLOATING FLOWER WITH CANDLE Library  	
15.00	STICK MOBILITY Dance Studio  	ABS, BUTTOCKS & THIGHS Dance Studio  	MINI BAND Dance Studio   
16.00	BETTER SLEEP CLASS Dance Studio  	NEUROMUSCULAR EXERCISE Dance Studio   	NEURODYNAMIC EXERCISE Dance Studio  
17.00	MANTRA MEDITATION Dance Studio 	HIP OPENING YOGA Dance Studio	YOGA – NIDRA (MEDITATION) Dance Studio 

7th – 13th 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