

MONDAY 14 th SEPTEMBER			TUESDAY 15 th SEPTEMBER			WEDNESDAY 16 th SEPTEMBER			THURSDAY 17 th 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		EN	HATHA 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	💪 📣		HIIT Dance Studio	💪 📣		PILATES MAT Dance Studio		
10.00			BREATHING EXERCISE FOR WELL-BEING with Lucja Maslowska Yoga Pavilion		★ 👤 EN						
11.00	AQUA NOODLE Bathing Pavilion	★ 👤	AQUA HAND BUOYS Bathing Pavilion	★ 👤		AQUA BOX Bathing Pavilion	★ 👤		AQUA NOODLE 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	GUIDANCE ON INTEGRATING FOOD AND NUTRITION INTO YOUR DAILY LIFE with Lucja Maslowska Multi-function room		★ 👤 EN
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 Kurusattra, FWS Multi-Function room										
16.00	LUMBOPELVIC RHYTHM CLASS 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		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		

