

MONDAY 21 st SEPTEMBER			TUESDAY 22 nd SEPTEMBER			WEDNESDAY 23 rd SEPTEMBER			THURSDAY 24 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		
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 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	★ 👤 \$							
14.00			FROM FARM TO FORK – NOURISHING HEALTH THE ORGANIC WAY with Keletso Kelosiwang, ND. Multi-function room	★ 👤 EN					GUIDANCE ON INTEGRATING FOOD AND NUTRITION INTO YOUR DAILY LIFE with Lucja Maslowska 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	★ 👤	
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		

21st – 27th September 2026

CLASS & ACTIVITIES
SCHEDULE



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