

MONDAY 28 th SEPTEMBER			TUESDAY 29 th SEPTEMBER			WEDNESDAY 30 th SEPTEMBER			THURSDAY 1 st OCTOBER		
7.00	3 IN 1 Dance Studio	★ 👤 📣	MIIT Dance Studio	★ 👤 📣		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			BREATHING EXERCISE FOR WELL-BEING with Lucja Maslowska Yoga Pavilion	★ 👤 🗣️							
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	★ 👤 💰					GUIDANCE ON INTEGRATING FOOD AND NUTRITION INTO YOUR DAILY LIFE with Lucja Maslowska Multi-function room	★ 👤 🗣️	
14.00			SISAL BAG 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	🗣️	MOTR Dance Studio	★ 👤 💪		MYO COMPRESSION Dance Studio	★ 👤		ABS EXPRESS 25 MINS 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 2 nd OCTOBER	SATURDAY 3 rd OCTOBER	SUNDAY 4 th OCTOBER
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  
9.00			NADA YOGA (YOGA OF SOUND) Dance Studio
10.00	INTERVAL CYCLING Dance Studio    	YBELL ESSENTIAL Dance Studio  	METAFIT Dance Studio  
10.00			NATURE MANDARA with Theelon Kurusattra, FWS Orchid Lounge   
11.00	AQUA NOODLE Bathing Pavilion  	AQUA HAND BUOYS Bathing Pavilion  	AQUA BOX Bathing Pavilion  
14.00		PILATES REFORMER Pilates Studio 2,000++ THB per person   	
14.00		SEASHELL MOBILE CRAFT Library  	
15.00	STICK MOBILITY Dance Studio  	ABS, BUTTOCKS & THIGHS Dance Studio  	MOTR Dance Studio   
16.00	INNER CORE EXERCISE Dance Studio  	BETTER SLEEP CLASS Dance Studio  	LUMBOPELVIC RHYTHM CLASS Dance Studio  
17.00	MOTR Dance Studio   	EVENING STRETCH Dance Studio	MYO COMPRESSION Dance Studio  

28th September – 4th October 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