

	FRIDAY 16 th OCTOBER	SATURDAY 17 th OCTOBER	SUNDAY 18 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) with Vishal Sukhatankar Dance Studio   
10.00	INTERVAL CYCLING Dance Studio    	YBELL ESSENTIAL Dance Studio 	METAFIT Dance Studio 
10.00			NATURE MANDALA with Theelon Kurusattra, FWS Orchid Lounge   
11.00	AQUA BOX Bathing Pavilion  	AQUA NOODLE Bathing Pavilion  	AQUA HAND BUOYS Bathing Pavilion  
14.00	BEYOND CALORIES – NOURISHMENT with Keletso Kelosiwang, ND. Multi-function room   	PILATES REFORMER Pilates Studio 2,000++ THB per person   	
14.00		COCONUT LEAF CARP WEAVING (PLA – TA – PIEN) Library  	A TOUCH OF HIMALAYAN AROMA BOX WORKSHOP Library   
15.00	STICK MOBILITY Dance Studio  	HIP OPENING YOGA Dance Studio	MOTR Dance Studio   
16.00	INNER CORE EXERCISE Dance Studio  	BETTER SLEEP CLASS Dance Studio  	LUMBOPELVIC RHYTHM CLASS Dance Studio  
17.00	ABS EXPRESS 25 MINS Dance Studio	MYO COMPRESSION Dance Studio  	ABS, BUTTOCKS & THIGHS Dance Studio 

12th 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