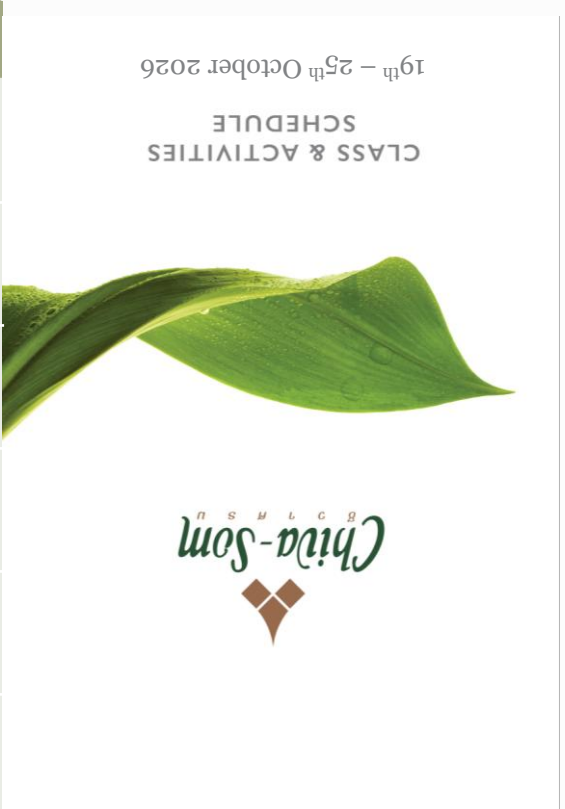


	FRIDAY 23 rd OCTOBER	SATURDAY 24 th OCTOBER	SUNDAY 25 th OCTOBER
7.00	MIIT Dance Studio  	BOOT CAMP In front of Bathing Pavilion  	TAI CHI Yoga Pavilion
8.00	SIVANANDA YOGA Yoga Pavilion	GENTLE YOGA Yoga Pavilion	HATHA YOGA Yoga Pavilion
9.00	STRETCHING Yoga Pavilion ★ 	STRETCHING Yoga Pavilion ★ 	STRETCHING 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 NOODLE Bathing Pavilion ★ 	AQUA HAND BUOYS Bathing Pavilion ★ 	AQUA BOX Bathing Pavilion ★ 
14.00		PILATES REFORMER Pilates Studio 2,000++ THB per person ★  \$	THAI WISDOM FOR ELEMENT BALANCE with Chananchida Banyeam, ATMP Multi-function room ★  
14.00			FLOATING FLOWER WITH CANDLE 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	MANTRA MEDITATION Dance Studio 	HIP OPENING YOGA Dance Studio	YOGA – NIDRA (MEDITATION) Dance Studio 





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