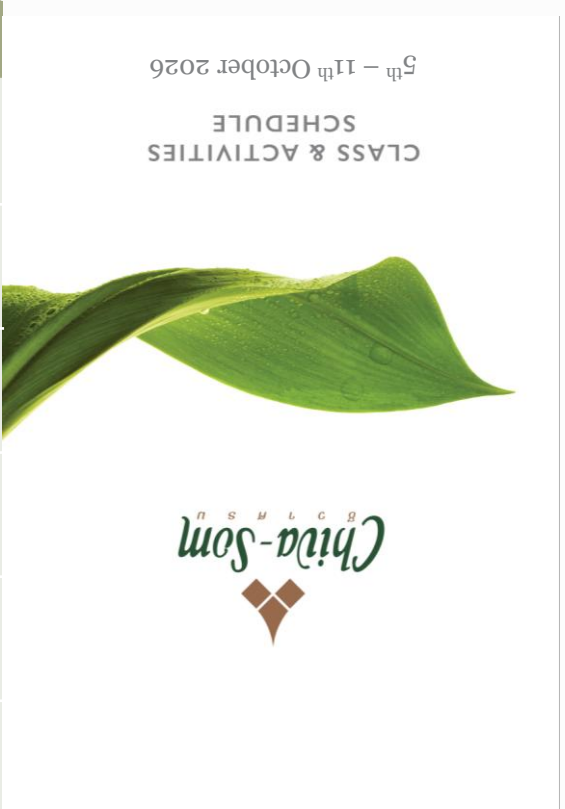


MONDAY 5 th OCTOBER			TUESDAY 6 th OCTOBER			WEDNESDAY 7 th OCTOBER			THURSDAY 8 th OCTOBER		
7.00	3 IN 1 Dance Studio	★ 👤 📣	TAI CHI Yoga Pavilion			MIIT Dance Studio	💪 📣		BARBELL FUSION Dance Studio	★ 👤 📣	
8.00	VINYASA YOGA Yoga Pavilion	💪	GENTLE YOGA Yoga Pavilion			HATHA YOGA Yoga Pavilion			VINYASA YOGA Yoga Pavilion	💪	
9.00	STRETCHING Yoga Pavilion	★ 👤	STRETCHING Yoga Pavilion	★ 👤		STRETCHING Yoga Pavilion	★ 👤		STRETCHING Yoga Pavilion	★ 👤	
10.00			ABS, BUTTOCKS & THIGHS Dance Studio	💪 📣		HIIT Dance Studio	💪 📣				
10.00	CLINICAL BEGINNING TECHNIQUE with Paul John Cini Dance Studio	★ 👤 EN	BREATHING EXERCISE FOR WELL-BEING with Lucja Maslowska Yoga Pavilion	★ 👤 EN					SKELETAL BUILDING FOUNDATION with Paul John Cini Dance Studio	★ 👤 EN	
11.00	AQUA NOODLE Bathing Pavilion	★ 👤	AQUA HAND BUOYS Bathing Pavilion	★ 👤		AQUA BOX Bathing Pavilion	★ 👤		AQUA NOODLE Bathing Pavilion	★ 👤	
14.00	THAI WISDOM FOR ELEMENT BALANCE with Chananchida Banyeam, ATMP Multi-function room	★ 👤 EN	PILATES REFORMER Pilates Studio 2,000++ THB per person	★ 👤 \$		UNDERSTAND HOW EMOTIONS GOVERN OUR HEALTH AND WELLBEING with Vishal Sukhatankar Library	★ 👤 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	EMOTIONAL INTELLIGENCE JOURNEY with Theelon Kurusattra, FWS Multi-Function room	★ 👤 EN									
16.00	NEURODYNAMIC EXERCISE Dance Studio	★ 👤	TONING BALL Dance Studio	★ 👤		BOUNCING & BALANCE Yoga Pavilion	★ 👤 💪		GYROKINESIS Dance Studio	★ 👤	
16.00						TIBETAN BOWLS SOUND BATH with Holistic Therapist Sound Therapy room (Spa Cpl room no.10)	★ 👤 EN				
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		

FRIDAY 9 th OCTOBER		SATURDAY 10 th OCTOBER		SUNDAY 11 th OCTOBER	
7.00	MIIT Dance Studio 	BOOT CAMP In front of Bathing Pavilion 	TAI CHI Yoga Pavilion		
8.00	HATHA 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 Kurusattr, 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		CULTIVATING A POSITIVE MIND with Theelon Kurusattr, FWS Multi-Function room 	LOTUS PETAL FOLDING 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		HIP OPENING YOGA Dance Studio	YOGA WHEEL 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