	MONDAY 16th NOVEMBER	TUESDAY 17th NOVEMBER	WEDNESDAY 18th NOVEMBER	THURSDAY 19th NOVEMBER
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
11.00	AQUA NOODLE Bathing Pavilion	AQUA HAND BUOYS Bathing Pavilion	AQUA BOX Bathing Pavilion	AQUA NOODLE 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	THAI HANDKERCHIEF PRINTING 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		
16.00	JOINT RETRAINING Dance Studio	LUMBOPELVIC RHYTHM CLASS Dance Studio	BOUNCING & BALANCE Yoga Pavilion	GYROKINESIS Dance Studio
17.00	MANTRA MEDITATION Dance Studio	BREATHING EXERCISE FOR WELL-BEING with Lucja Maslowska Sound Therapy room (Spa Cpl room no.10)	PRANAYAMA Dance Studio	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

CLASS & ACTIVITIES SCHEDULE

16th – 22nd November 2026

Chiva-Som

	FRIDAY 20th NOVEMBER	SATURDAY 21st NOVEMBER	SUNDAY 22nd NOVEMBER
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
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 HAND BUOYS Bathing Pavilion	AQUA BOX Bathing Pavilion	AQUA NOODLE 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
15.00	STICK MOBILITY Dance Studio	ABS, BUTTOCKS & THIGHS Dance Studio	MOTR Dance Studio
15.00		FASCIA HARMONY with Fabrizio Picchione Yoga Pavilion	
16.00	INNER CORE EXERCISE Dance Studio	TONING BALL Dance Studio	NEUROMUSCULAR EXERCISE Dance Studio
16.00	EARTH ENERGY EMBRACE Multi-function room		
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