	MONDAY 30th NOVEMBER	TUESDAY 1st DECEMBER	WEDNESDAY 2nd DECEMBER	THURSDAY 3rd DECEMBER
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 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	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	TONING BALL Dance Studio	BOUNCING & BALANCE Yoga Pavilion	NEURODYNAMIC EXERCISE Dance Studio
17.00	MANTRA MEDITATION Dance Studio	EVENING STRETCH Dance Studio	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

30th November – 6th December 2026

CLASS & ACTIVITIES SCHEDULE



Chiva-Som

	FRIDAY 4th DECEMBER	SATURDAY 5th DECEMBER	SUNDAY 6th DECEMBER
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
10.00			LAUGHTER MEDITATION with Sreela Nair Yoga Pavilion
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	
15.00	STICK MOBILITY Dance Studio	ABS, BUTTOCKS & THIGHS Dance Studio	MOTR Dance Studio
16.00	INNER CORE EXERCISE Dance Studio	GYROKINESIS 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