

	MONDAY 6 th JANUARY	TUESDAY 7 th JANUARY	WEDNESDAY 8 th JANUARY	THURSDAY 9 th JANUARY
7.00	HIIT Dance Studio  	TAI CHI Yoga Pavilion	3 IN 1    Dance Studio	TAI CHI Yoga Pavilion
8.00	LOVING-KINDNESS GROUNDING MEDITATION with David Stojanovic Yoga Pavilion  	SIVANANDA 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	ANTI-AGING FACE & NECK SCULPTING EXERCISE with Masa Sugiyama Dance Studio  	INTRODUCTION TO PILATES Dance Studio	METAFIT   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	UNDERSTAND YOUR SUBCONSCIOUS MIND FOR A BETTER HEALTH with David Stojanovic Multi-function room  	FACIAL SHAPING WITH POSTURE CORRECTION with Masa Sugiyama Multi-function Room  
14.00	FRUIT & VEGETABLE CARVING Library  		SOAP CARVING   Library	ACRYLIC PAINTING: PALM LEAF FAN Library  
15.00	BALL & FREE WEIGHT    Dance Studio	HATHA YOGA Dance Studio	GENTLE YOGA Dance Studio	PRANAYAMA Dance Studio
16.00	JOINT RETRAINING   Dance Studio	TONING BALL   Dance Studio	INNER CORE EXERCISE   Dance Studio	NEURODYNAMIC EXERCISE   Dance Studio
17.00	YOGA – NIDRA (MEDITATION) Dance Studio	EVENING STRETCH Dance Studio	MYO COMPRESSION   Dance Studio	ABS EXPRESS 25 MINS Dance Studio
20.00		CAN WE PREVENT ALZHEIMER'S DISEASE? with Karl J. Neeser, PhD Library  		

FRIDAY 10th JANUARYSATURDAY 11th JANUARYSUNDAY 12th JANUARY9th - 12th January 2025CLASS & ACTIVITIES
SCHEDULE

05.30			HIKING Khao Hin Lek Fai Mountain 2,200++ THB per person Meet at the Front Desk ★ 👤 🏃 🏹 💰
07.00	HIIT Dance Studio 🏃 🏹	BOOT CAMP In front of Bathing Pavilion 🏃 🏹	ENERGY AWAKENING Yoga Pavilion
08.00	LOVING-KINDNESS GROUNDING MEDITATION with David Stojanovic Yoga Pavilion ★ 👤	HATHA YOGA Yoga Pavilion	VINYASA YOGA Yoga Pavilion
09.00	STRETCHING Yoga Pavilion	STRETCHING Yoga Pavilion	STRETCHING Yoga Pavilion
10.00	FREE FORM Dance Studio ★ 👤 🏹	ANTI-AGING FACE & NECK SCULPTING EXERCISE with Masa Sugiyama Dance Studio ★ 👤	INTERVAL CYCLING Dance Studio ★ 👤 🏃 🏹
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 ★ 👤 💰	
14.00		FLOWER ARRANGING Library ★ 👤	WEAVING GRASSHOPPER FROM COCONUT LEAVES Library ★ 👤
15.00	CIRCUIT TRAINING Dance Studio ★ 👤 🏹	ABS, BUTTOCKS & THIGHS Dance Studio 🏃 🏹	STICK MOBILITY Dance Studio ★ 👤
16.00	BETTER SLEEP CLASS Dance Studio ★ 👤	METABOLIC BREATHING EXERCISE Dance Studio ★ 👤	GYROKINESIS Dance Studio ★ 👤
17.00	ANAPANASTI MEDITATION Dance Studio	HIP OPENING YOGA Dance Studio	ABS EXPRESS 25 MINS 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