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7.00	MANTRA MEDITATION Yoga Pavilion	HIIT   Dance Studio	TAI CHI Yoga Pavilion	BOOT CAMP   In front of Bathing Pavilion
8.00	HATHA YOGA Yoga Pavilion	HATHA YOGA Yoga Pavilion	VINYASA YOGA Yoga Pavilion	PRANAYAMA Yoga Pavilion
9.00	STRETCHING Yoga Pavilion	STRETCHING Yoga Pavilion	STRETCHING Yoga Pavilion	STRETCHING Yoga Pavilion
10.00	WHAT TO EXPECT FROM NEUROMUSCULAR MASSAGE THERAPY   With Stephen Kirwin Dance Studio	EMERGIZES FOR SHIATSU BASED MIND AND BODY ENCHANCE   With Paul Emery Yoga Pavilion	PILATES MAT Dance Studio	WHAT TO EXPECT FROM NEUROMUSCULAR MASSAGE THERAPY   With Stephen Kirwin Dance Studio
11.00	AQUA BOX Bathing Pavilion	AQUA NOODLE Bathing Pavilion	AQUA HANDBUOY Bathing Pavilion	AQUA BOX Bathing Pavilion
14.00		PILATES REFORMER    Pilates Studio 2,000++ THB per person		
15.00	GENTLE YOGA Dance Studio	ABS, BUTTOCKS & THIGHS   Dance Studio	CIRCUIT TRAINING    Dance Studio	SIVANANDA YOGA Dance Studio
16.00	CORRECTIVE POSTURE   Dance Studio	JOINT RETRAINING   Dance Studio	TONING BALL   Dance Studio	GYROKINESIS   Dance Studio
17.00	ABS EXPRESS 25 MINS Dance Studio	ANAPANASATI MEDITATION Dance Studio	MYO COMPRESSION   Dance Studio	ABS EXPRESS 25 MINS Dance Studio

 Sports shoes required  Book at Health & Wellness Reception (Ext. 3) in advance of the class

 Limited number of participants

 Intermediate level

 Additional charges apply

	FRIDAY 10 th MARCH	SATURDAY 11 th MARCH	SUNDAY 12 th MARCH
07.00	DYNAMIC MOBILITY Dance Studio	SOUND BATH MEDITATION With Rajeshwari Amol Nerukar ★ 👤 Yoga Pavilion	PRANAYAMA Yoga Pavilion
08.00	HATHA YOGA Yoga Pavilion	GENTLE YOGA Yoga Pavilion	VINYASA YOGA Yoga Pavilion
09.00	STRETCHING Yoga Pavilion	STRETCHING Yoga Pavilion	STRETCHING Yoga Pavilion
10.00	ABS, BUTTOCKS & THIGHS 💪 👟 Dance Studio	PILATES MAT Dance Studio	HIIT 💪 👟 Dance Studio
11.00	AQUA NOODLE Bathing Pavilion	AQUA HANDBUOY Bathing Pavilion	AQUA BOX Bathing Pavilion
14.00		PILATES REFORMER Pilates Studio ★ 👤 💰 2,000++ THB per person	
15.00	MOTR Dance Studio	BALLAST BALL ★ 👤 👟 Dance Studio	HATHA YOGA Yoga Pavilion
16.00	INNER CORE EXERCISE ★ 👤 Dance Studio	FOOT EXERCISE ★ 👤 Dance Studio	PNF – STRETCHING EXERCISE ★ 👤 Dance Studio
17.00	EVENING STRETCH Dance Studio	HIP OPENING ★ 👤 Dance Studio	ABS EXPRESS 25 MINS Dance Studio

6th - 12th March 2023

CLASS & ACTIVITIES
SCHEDULE



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