

06:00

06:00

07:00

07:00

Tai Chi
Yoga Pavilion
with Frame

HIIT 🏃🏻‍♀️ 🤲
Dance Studio
with Nittaya

Tai Chi
Yoga Pavilion
with A

Tai Chi
Yoga Pavilion
with A

HIIT 🏃🏻‍♀️ 🤲
Dance Studio
with X

Mantra Meditation
Dance Studio
with Kamlesh

Tai Chi
Yoga Pavilion
with A

08:00

08:00

Dynamic Yoga 🤲
Yoga Pavilion
with Singh

Hatha Yoga
Yoga Pavilion
with Singh

Gentle Yoga
Yoga Pavilion
with Singh

Qi Gong Facial Massage for Vitality
Re-functional Studio
with Masa Sugiyama

Hatha Yoga
Yoga Pavilion
with Kamlesh

Dynamic Yoga 🤲
Yoga Pavilion
with Singh

Kundalini Yoga
Yoga Pavilion
with Singh

09:00

09:00

Stretch Class 🧘
Yoga Pavilion
with Nok

Stretch Class 🧘
Yoga Pavilion
with Nut

Stretch Class 🧘
Yoga Pavilion
with X

Stretch Class 🧘
Yoga Pavilion
with Whan

Stretch Class 🧘
Yoga Pavilion
with Frame

Stretch Class 🧘
Yoga Pavilion
with Pae

Stretch Class 🧘
Yoga Pavilion
with Frame

09:30

09:30

Lotus Arts de Vivre's-Curiosities of the Asian Mystique
Orchid Lounge
10:00 – 20:00 Hrs.

Free Facial Consultation 🧘
Everyday from 09:30 – 18:00 Hrs.

Organic Garden Tour 🌿
09:00 – 10:30 Hrs.
Book at Guest Relation Desk 🧘

Mangrove Ecosystem Tour at Krailart Niwate
A 45-minute visit to our mangrove forest preserve with guide
Monday to Friday 9:00 am – 5:00 pm
Please contact a Guest Service Agent to confirm your trip

Free Facial Consultation 🧘
Everyday from 09:30 – 18:00 Hrs.

Free Facial Consultation 🧘
Everyday from 09:30 – 18:00 Hrs.

10:00

10:00

Total Body Instability 🏃🏻‍♀️ 🧘
Dance Studio
with Mai

Meditation for Busy People
Yoga Pavilion
with Anthony Augustine

Myo Compression 🧘 🧘
Dance Studio
with Nut

Abs, Butts & Thighs 🏃🏻‍♀️
Dance Studio
with Kai

Meditation for Busy People
Yoga Pavilion
with Anthony Augustine

Metabolic Breathing Exercise
Dance Studio
with Kel

Pilates on Mat
Dance Studio
with A

11:00

11:00

Aqua Aerobics with Noodle 🧘
Bathing Pavilion
with Beer

Aqua Aerobics with Hand Buoy 🧘
Bathing Pavilion
with Kai

Aqua Box 🧘
Bathing Pavilion
with Frame

Aqua Aerobics with Noodle 🧘
Bathing Pavilion
with X

Aqua Aerobics with Hand Buoy 🧘
Bathing Pavilion
with Nut

Aqua Aerobics with Noodle 🧘
Bathing Pavilion
with Beer

Aqua Box 🧘
Bathing Pavilion
with Lue

12:00

12:00

3 in 1 🏃🏻‍♀️ 🏃🏻‍♀️ 🏃🏻‍♀️
Dance Studio
with Nittaya

Power Drum 🏃🏻‍♀️ 🤲
Dance Studio
with Lue

Metafit 🏃🏻‍♀️ 🤲
Dance Studio
with Beer

TRX 🏃🏻‍♀️ 🧘 🧘
Re-functional Studio
with Lue

Power Drum 🏃🏻‍♀️ 🤲
Dance Studio
with Pae

3 in 1 🏃🏻‍♀️ 🏃🏻‍♀️ 🏃🏻‍♀️
Dance Studio
with Nok

HIIT 🏃🏻‍♀️ 🤲
Dance Studio
with Nut

Hands-on Cooking Class 🍳 🧘 \$
Cooking Class, 12:00 – 14:00 Hrs.
Last booking at 10:00 Hrs.

Art of Detox Cooking 🍳 🧘 \$
Cooking Class, 12:00 – 13:30 Hrs.
Last booking on Wednesday at 18:00 Hrs.

13:00

14:00

14:00

The Power of the Mind
Multi-function Room
with Anthony Augustine

How to Improve Sleep Onset and Quality
Multi-function Room
with Renee Grandi

Self-healing and Stress Relief
Multi-function Room
with Danchai Chernprateep

Demystifying Detox
Multi-function Room
with Dr. Tal Friedman

Self-healing and Stress Relief
Multi-function Room
with Danchai Chernprateep

Self-healing and Stress Relief
Multi-function Room
with Danchai Chernprateep

15:00

15:00

Pilates on the Reformer 🧘 🧘
\$
Dance Studio
with Whan, Preeda

Cycling Circuit 🏃🏻‍♀️
Dance Studio
with Whan, Nok

Hatha Yoga
Yoga Pavilion
with Kamlesh

Pilates on the Reformer 🧘 🧘
\$
Dance Studio
with Pae, Preeda

Aqua Aerobics with Noodle 🧘
Bathing Pavilion
with Kai

Cycling Interval 🏃🏻‍♀️
Dance Studio
with Lue, X

Aqua Aerobics with Noodle 🧘
Bathing Pavilion
with Kai

16:00

16:00

Dynamic Hip Functional Exercise 🧘 🧘
Dance Studio
with Micky

Inner Core Exercise 🧘 🧘
Dance Studio
with Ying

Metamorphosis
Dance Studio
with Yel

Gyrokinesis
Dance Studio
with Micky

Foot Exercise 🧘 🧘
Dance Studio
with Prahn

What our Face Says about our Stress, Emotions and Overall Health
Dance Studio
with Masa Sugiyama

Toning Ball
Dance Studio
with Pai

17:00

17:00

TRX 🏃🏻‍♀️ 🧘 🧘
Re-functional Studio
with Pae

Abs, Butts & Thighs 🏃🏻‍♀️
Dance Studio
with X

Pilates on Mat
Dance Studio
with Whan

Neurobic Exercise
Multi-function Room
with Yel

Abs, Butts & Thighs 🏃🏻‍♀️
Dance Studio
with Lue

Corrective Posture Exercise 🧘
Dance Studio
with Home

Yoga Nidra Meditation
Dance Studio
with Kamlesh

18:00

18:00

Evening Stretch
Dance Studio
with Nut

Anapanasti Meditation
Dance Studio
with Preeda

Abs Express (25 min)
Dance Studio
with Kai

Ballast Ball 🏃🏻‍♀️ 🤲
Dance Studio
with Frame

Evening Stretch
Dance Studio
with Whan

Evening Stretch
Dance Studio
with Nut

Abs Express (25 min)
Dance Studio
with Beer

19:00

19:00

B.B.Q.
Taste of Siam
19:00 – 22:00 Hrs

20:30

20:30

Rolfing Structural Integration
Multi-function Room
with Thomas Andersen

🏃🏻‍♀️ Sports shoes required.
🧘 Book at Health & Wellness Reception (Ext. 3) In advance of the class.
🧘 Maximum number of participants.
🤲 Intermediate level.
\$ Additional charges apply.

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.
** Please note that places in the classes are available on a first come, first served basis. In order to secure your spot, please arrive at a reasonable time ahead of the starting time listed. Unfortunately, regardless of booking, if the class is full, latecomers may be turned away. Thank you for your understanding.

Emerald Room
Breakfast 07:00 - 10:30
Lunch 12:00 - 14:30
Dinner 18:00 - 21:00

Taste of Siam
07:00 - 10:30
12:00 - 14:30
18:00 - 21:00