

Chiva-Som Sample Weekly Group Activities

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
07:00	HIIT 🏃🏃🏃🏃 Dance Studio with Lue	Tai Chi 🧘🧘 Yoga Pavilion with Nut	Tai Chi 🧘🧘 Yoga Pavilion with Nut	3 in 1 🏃🏃🏃 Dance Studio with Beer	Tai Chi 🧘🧘 Yoga Pavilion with Whan	Tai Chi 🧘🧘 Yoga Pavilion with Whan	Boot Camp 🏃🏃🏃🏃 Yoga Pavilion with X	07:00
08:00	Hatha Yoga 🧘🧘 Yoga Pavilion with Kai	Gentle Yoga 🧘🧘 Yoga Pavilion with Preeda	Vinyasa Yoga 🧘🧘 Yoga Pavilion with Preeda	Hatha Yoga 🧘🧘 Yoga Pavilion with Kai	Vinyasa Yoga 🧘🧘 Yoga Pavilion with Preeda	Hatha Yoga 🧘🧘 Yoga Pavilion with Kamlesh	Gentle Yoga 🧘🧘 Yoga Pavilion with Preeda	08:00
09:00	Stretch Class 🧘🧘 Yoga Pavilion with Whan	Stretch Class 🧘🧘 Yoga Pavilion with Nok	Stretch Class 🧘🧘 Yoga Pavilion with Beer	Stretch Class 🧘🧘 Yoga Pavilion with Pae	Stretch Class 🧘🧘 Yoga Pavilion with Lue	Stretch Class 🧘🧘 Yoga Pavilion with X	Stretch Class 🧘🧘 Yoga Pavilion with Lue	09:00
								09:30
10:00	Total Body Instability 🏃🧘🧘 Dance Studio with Mai	Ballast Ball 🏃🏃🏃🏃 Dance Studio with Frame	MOTR 🧘🧘 Dance Studio with Whan	Abs, Butts & Thighs 🏃🧘🧘 Dance Studio with X	Pilates on Mat 🧘🧘 Dance Studio with A	Metabolic Breathing Exercise 🧘🧘 Dance Studio with Mai	Pilates on Mat 🧘🧘 Dance Studio with Nok	10:00
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 Lue	Aqua Aerobics with Hand Buoy 🧘🧘 Bathing Pavilion with Kai	Aqua Box 🧘🧘 Bathing Pavilion with Nut	Aqua Aerobics with Hand Buoy 🧘🧘 Bathing Pavilion with Beer	11:00
11:00						Neurodynamic for Women's Health 🧘🧘 Dance Studio, 11:00 – 12:00 Hrs. with Pai	Abs, Butts and Thighs for Women's Health 🧘🧘 Dance Studio, 11:00 – 12:00 Hrs. with Nut	11:00
12:00					Lunch and Learn 🧘🧘 Cooking Class, 12:00 – 13:30 Hrs. Last Booking on Thursday at 18:00 Hrs.			12:00
14:00						Fruit Carving Class 🧘🧘 Meet at Orchid Lounge, 14:00 – 15:00 Hrs. Last booking at 12:00 Hrs		14:00
15:00			How to Naturally Support Fertility 🧘🧘 Multi-function Room, 15:00 – 16:00 Hrs. with Renee Grandi			Flower Arrangement Class 🧘🧘 Meet at Orchid Lounge, 15:00 – 16:00 Hrs. Last booking at 12:00 Hrs.		15:00
15:00					Pranayama Breathing 🧘🧘 Yoga Pavilion, 15:00 – 16:00 Hrs. with Kamlesh	Cycling Interval 🏃🧘🧘 Dance Studio, 15:00 – 16:00 Hrs. with Lue, Beer	Myo Compression 🧘🧘 Dance Studio, 15:00 – 16:00 Hrs. with A	15:00
16:00	Dynamic Hip Functional Exercise 🧘🧘 Dance Studio with Home	Inner Core Exercise 🧘🧘 Dance Studio with Ying	Metamorphosis 🧘🧘 Dance Studio with Yel	Gyrokinesis 🧘🧘 Dance Studio with Prahn	Foot Exercise Dance Studio with Pai	Vinyasa Yoga 🧘🧘 Yoga Pavilion with Kamlesh	Toning Ball 🧘🧘 Dance Studio with Home	16:00
17:00	Ball & Free Weight 🏃🧘🧘 Dance Studio with Frame	Pilates on Mat 🧘🧘 Dance Studio with Frame	Beach Power Walk 🏃🧘🧘 Meet at the Beach Gate with A	Neurobic Exercise 🧘🧘 Library with Kel	Evening Stretch 🧘🧘 Dance Studio with Frame	Corrective Posture Exercise 🧘🧘 Dance Studio with Home	Beach Power Walk 🏃🧘🧘 Meet at the Beach Gate with Pae	17:00
18:00								18:00

- 🏃 Sports shoes required.
- 🧘 Book at Health & Wellness Reception (Ext. 3) In advance of the class.
- 🧘 Maximum number of 6 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,

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