

FITNESS & WELLNESS GROUP CLASS CALENDAR MARCH 2017

	8:00-8:45	8:30 - 9:25	9:30 - 10:25	10:30 - 11:15	14:00 - 14:45	15:00 - 15:55	16:00 - 16:55	17:00 - 17:55	18:00 - 18:55
Monday	Guided Meditation: Relaxing and Releasing Tension Wellness Studio 2	Pilates Fitness Studio 1	Aeroboxing Fitness Studio 1	Stretching Fitness Studio 1 30mins Class	Guide Meditation Wellness Studio 2	HIIT Burst 30mins Class *High-Intensity Interval Training (HIIT)* Fitness Studio 1	X-Fit Beginner Birdcage	Core Fitness Corner	Beach Volleyball Beach Volleyball Court
		Step Toning Fitness Studio 2	X-Fit Intermediate Birdcage	Introduction to Meditation Wellness Studio 2		Hip Opening Yoga Wellness Studio 1		Muay Thai Fit Muay Thai Stadium	
Tuesday	Guided Meditation: Relaxing and Releasing Tension Wellness Studio 2	Muay Thai Ladies Muay Thai Stadium	Core Fitness Corner	Introduction to Meditation Wellness Studio 2	Guide Meditation Wellness Studio 2	HIIT Burst 30mins Class *High-Intensity Interval Training (HIIT)* Fitness Studio 1	Hip Hop Dance Fitness Studio 2	Boot Camp Cardio Corner	Beach Volleyball Beach Volleyball Court
		X-Fit Intermediate Birdcage	Hip Hop Dance Fitness Studio 2			Yin Yoga Wellness Studio 1		Spinning Spinning Studio	
		Pilates Fitness Studio 1	Vinyasa Yoga Wellness Studio 1						
Wednesday	Guided Meditation: Relaxing and Releasing Tension Wellness Studio 2	Booty Boot Camp **Women Only** Cardio Corner	Core Aqua Sport Hotel Pool	Stretching Fitness Studio 1 30mins Class	Guide Meditation Wellness Studio 2	HIIT Burst 30mins Class *High-Intensity Interval Training (HIIT)* Fitness Studio 1	X-Fit Intermediate Birdcage	Muay Thai Fit Muay Thai Stadium	Beach Volleyball Beach Volleyball Court
		Pilates Fitness Studio 1	Spinning Spinning Studio	Introduction to Meditation Wellness Studio 2		Muay Thai Ladies Muay Thai Stadium		Boot Camp Cardio Corner	
			Basic Yoga Wellness Studio 1						
Thursday	Guided Meditation: Relaxing and Releasing Tension Wellness Studio 2	Muay Thai Fit Muay Thai Stadium	Core Fitness Corner	Stretching Fitness Studio 1 30mins Class	Guide Meditation Wellness Studio 2	HIIT Burst 30mins Class *High-Intensity Interval Training (HIIT)* Fitness Studio 1	Pilates Fitness Studio 1	Muay Thai Fit Muay Thai Stadium	Beach Volleyball Beach Volleyball Court
		Pilates Fitness Studio 1	Step Toning Fitness Studio 2	Introduction to Meditation Wellness Studio 2					
		Spinning Spinning Studio	Balance Yoga Wellness Studio 1						
Friday	Guided Meditation: Relaxing and Releasing Tension Wellness Studio 2	Pilates Fitness Studio 1	Core Cardio Fitness Corner	Stretching Fitness Studio 1 30mins Class	Guide Meditation Wellness Studio 2	HIIT Burst 30mins Class *High-Intensity Interval Training (HIIT)* Fitness Studio 1	Abs & Stretching Fitness Studio 1	Muay Thai Fit Muay Thai Stadium	Beach Volleyball Beach Volleyball Court
		Hip Hop Dance Fitness Studio 2	X-Fit Beginner Birdcage	Introduction to Meditation Wellness Studio 2		Hip Opening Yoga Wellness Studio 1			
			Slow Flow Yoga Wellness Studio 1						
Saturday		Pilates Fitness Studio 1	Muay Thai Fit Muay Thai Stadium	Hip Hop Dance Fitness Studio 2		Pilates Fitness Studio 1	Hip Hop Dance Fitness Studio 2	Boot Camp Cardio Corner	
			Vinyasa Yoga Wellness Studio 1						
Sunday		Muay Thai Fit Muay Thai Stadium	Pilates Fitness Studio 1	Muay Thai Chaiya Muay Thai Stadium		Pilates Fitness Studio 1	HIIT Burst 30mins Class Fitness Studio 1	Boot Camp Cardio Corner	
			Hip Opening Yoga Wellness Studio 1						

PRIVATE GROUP CLASSES & PERSONAL TRAINING SESSIONS AVAILABLE - BOOK: CLUBSERVICES@THANYAPURA.COM

- CLASSES, COACHES AND VENUES ARE SUBJECT TO CHANGE DUE TO AVAILABILITY.
- Reservations must be made with Club Services and acceptance into the class will be on a first-come, first-serve basis.
- Please be present 10 mins before classes start to ensure they run on time.
- For any concerns, please email: Fitness@thanyapura.com or contact Club Services

GROUP TRAINING CLASS CALENDAR MARCH 2017

	06:00	06:30	07:00	07:30	08:00	08:15	08:30	09:00	09:15	09:30	10:00	10:30	11:00	11:30	12:00		13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00			
Monday				Open Water Swim (Reservation Necessary) Triathlon/Cycling Coaches 7.00-9.30									Adult Clinic Tennis Beginner Tennis Coaches 10.00 - 11.15												Running Technique Drills and Strides on Athletics Track Triathlon Coaches 17.00 - 18.00					
							Thanyapura Muay Thai Muay Thai Coaches 8.30 - 09.30																							
Tuesday				Bike Group Ride Beginner 40-70 km./Advance 110-120km. Triathlon/Cycling Coaches 7.30 - 10.00/Beginner, 7.30-12.00/Advance																								Thanyapura Muay Thai Muay Thai Coaches 16.30 - 17.30		
							Thanyapura Muay Thai Muay Thai Coaches 08.30 - 09.30																							
							Master Swim Swim Coaches 08.30 - 09.30															Swim Technique/Endurance Triathlon Coaches 16.00 - 17.00								
Wednesday				Computrainer Indoor Bike Session Triathlon Coaches 7.00 - 08.00			Bike Beginner/Recovery Spin on Flat Road (40-50km.) Triathlon Coaches 08.30 - 10.00			FTP Test or Video Analysis With Sport Scientist THB 3500 Reservation Necessary 10.00 - 11.00																		Run Track Interval (4-12km.) on Athletics Track Triathlon Coaches 17.00 - 18.00		
							Thanyapura Muay Thai Muay Thai Coaches 08.30 - 09.30																							
							Master Swim Swim Coaches 08.30 - 09.30						Adult Clinic Tennis Beginner Tennis Coaches 10.00 - 11.15																	
							Adult Clinic - Tennis Fundamentals Tennis Coaches 08.30 - 10.00																							
Thursday				Bike Loop on Quiet Road with 'Terminator' and 'Big Gear Section' Beginner 40km Advanced 70km Triathlon/Cycling Coaches 07.30 - 10.00																										
							Master Swim Swim Coaches 08.30 - 09.30																							
							Adult Clinic - Tennis Serves & Strategy Tennis Coaches 08.30 - 10.00																							
Friday				Long Run/Aerobic Run on Quiet Roads (7-15km) 7.00-9.00 Triathlon Coaches						FTP Test or Video Analysis THB 3500 Reservation Necessary 10.00 - 11.00															Swim Technique/Endurance Triathlon Coaches 16.00 - 17.00			Cardio Tennis Tennis Coach 17.00-18.00		
							Women Only Ride Triathlon Coaches 8.30 - 10.00																							
							Adult Clinic - Tennis Successful Doubles Tennis Coaches 08.30 - 10.00						Adult Clinic Tennis Beginner Tennis Coaches 10.00 - 11.15																	
Saturday				Bike Time Trail Specific Day (40-80km) Triathlon Coaches 07.30 - 10.30						Transition Run 30 min. Triathlon Coaches															Swim Technique/Endurance Triathlon Coaches 16.00 - 17.00					
Sunday				Bike Long Endurance (110-150km.) *Option of longer distance for IM Training Triathlon/Cycling Coaches 07.00- 11.00																					Cardio Tennis Tennis Coach 15.00-16.00					

- ALL CLASSES ARE SUBJECT TO CHARGE. FREE CLASSES ARE HIGHLIGHTED IN GREEN, SUBJECT TO CHANGE WITHOUT PRIOR NOTICE. PRIVATE GROUP AND PERSONAL TRAINING SESSIONS ARE AVAILABLE UPON REQUEST. BOOK NOW: CLUBSERVICES@THANYAPURA.COM
- Adult Training Sessions have to be booked and paid in advance. Cancellation must be made 24 hours in advance to receive a refund.
- Please be present 10 mins before classes start to ensure they run on time.
- Adult Swim Stroke Correction class on Wednesdays have to be booked in advance. The meeting point is at the lifeguard chair near the Grandstand. Coach will reserve a courtesy period with a maximum of 15 minutes before cancelling class due to "no-show".
- Muay Thai Private Training is available upon request on Saturdays and Sundays 16.00 - 18.00
- Triathlon Membership allows access to all group session of Triathlon and Cycling.
- Class, coach and venue is subject of change without notice. Reservations must be made with Club Services and acceptance into the class will be on a first-come, first-served basis.