## **JULY 2017 - FITNESS & WELLNESS GROUP CLASS CALENDAR**

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



	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	<b>Guided Meditation</b> Wellness Studio 2	<b>Pilates</b> Fitness Studio 1	Hatha Flow Yoga Wellness Studio 1	Introduction to Meditation Wellness Studio 2	<b>Guided Meditation</b> Wellness Studio 2	HIIT Burst 30mins Class *High-Intensity Interval Training (HIIT)* Fitness Studio1		<b>Core</b> Fitness Corner	<b>Beach Volleyball</b> Beach Volleyball Court
		Dakini Dance Fit Fitness Studio 2 (8:30-9:15)		<b>MuayThai Circuit</b> MuayThai Stadium		Hatha Yoga Wellness Studio 1		<b>MuayThai Circuit</b> Muay Thai Stadium	
Tuesday	<b>Guided Meditation</b> Wellness Studio 2	<b>Muay Thai Ladies</b> Muay Thai Stadium	Stadium Core Fitness Corner	stretching Fitness Studio 1 30mins Class	Guided Meditation Wellness Studio 2	Hatha Yoga Wellness Studio 1	<b>Pilates Beginner</b> Fitness Studio 1	<b>Boot Camp</b> Cardio Corner	
		X-Fit Intermediate Birdcage		Introduction to Meditation Wellness Studio 2					
Wednesday	Guided Meditation Wellness Studio 2	Booty Boot Camp  **Ladies Only**  Cardio Corner	<b>Core Aqua</b> Sport Hotel Pool	Spinning Spinning Studio	<b>Guided Meditation</b> Wellness Studio 2	HIIT Burst 30mins Class *High-Intensity Interval Training (HIIT)* Fitness Studio 1	Abs workout Fitness Studio 1 30mins Class	<b>Boot Camp</b> Cardio Corner	<b>Beach Volleyball</b> Beach Volleyball Court
		<b>Yogilates</b> Fitness Studio 1	Bounce Dance Fit Fitness Studio2	Introduction to Meditation Wellness Studio 2		<b>Muay Thai Ladies</b> Muay Thai Stadium			
Thursday	Guided Meditation Wellness Studio 2	<b>Spinning</b> Spinning Studio	<b>Core</b> Fitness Corner	Stretching Fitness Studio 1 30mins Class	Guided Meditation		<b>Pilates</b> Fitness Studio 1	<b>MuayThai Circuit</b> Muay Thai Stadium	
			<b>Step Toning</b> Fitness Studio 2	Introduction to Meditation Wellness Studio 2	Wellness Studio 2				
Friday	Guided Meditation Wellness Studio 2	<b>Pilates</b> Fitness Studio 1	Core Cardio Fitness Corner  Hatha Flow Yoga	<b>MuayThai Circuit</b> Muay Thai Stadium	Guided Meditation Wellness Studio 2	HIIT Burst 30mins Class *High-Intensity Interval Training (HIIT)*	Stretching Fitness Studio 1 30mins Class		
		Bounce Dance Fit Fitness Studio2	Wellness Studio 1  X-Fit Beginner  Birdcage	Introduction to Meditation Wellness Studio 2		Fitness Studio 1  Hatha Yoga  Wellness Studio 1			
	8:00-8:45	8:30 - 9:25	9:30 - 10:25	11:15-11:55	14:00 -14:55	15:00 - 16:00	16:00 - 16:55	17:00 - 17:55	
Saturday		Dynamic Flow Yoga Wellness Studio 1	<b>MuayThai Fit</b> Muay Thai Stadium	<b>Bounce Dance Fit</b> Fitness Studio2	Pilates Fitness Studio 1	Yoga Therapy Wellness Studio 1	HIIT Burst 30mins Class *High-Intensity Interval Training (HIIT)* Fitness Studio1	<b>Boot Camp</b> Cardio Corner	
Sunday		Dynamic Flow Yoga	Abs workout Fitness Studio 1 30mins Class	Guided Meditation Wellness Studio 2		<b>Yin Yoga</b> Wellness Studio 1	HIIT Burst 30mins Class "High-Intensity Interval Training (HIIT)" Fitness Studio 1	<b>Boot Camp</b> Cardio Corner	
		Wellness Studio 1		<b>MuayThai Circuit</b> Muay Thai Stadium					

## JULY 2017- GROUP TRAINING CLASS CALENDAR FOR NON-MEMBERSHIP

08:15

ALL CLASSES ARE SUBJECT TO CHARGE and please book in advance at Club Service or via e-mail: CLUBSERVICES@THANYAPURA.COM, or call 076336000 ext .5040, 5037

08:30

**Master Swim** 

25/50M Pool

(600THB/session)

**Master Swim** 

25/50M Pool (600THB/session

09:00

09:30

10:00

10:30

11:00

FTP Test with Sport

Scientist (10:00-

11:00) at

Computer Trainer

Studio

(3500THB/person)

FTP Test with Sport Scientist (10:00-11:00) at

Computer Trainer Studio (3500THB/person) 11:30

12:00

13:00

13:30

14:00

14:30

Please be present 10 mins before classes start. Present your payment receipt to the trainer

Cancelation must be made 24 hours in advance to receive a refund.

Master Swim have to be booked in advance. The meeting point is at Club Service.

07:00

Computrainer

Indoor Bike

(07:00-08:00) at

Computrainer

(600THB/Peson)

Class, coach and venue is subject of change without notice.

06:30

06:00

Monday

Tuesday

Wednesday

**Thursday** 

Friday

Saturday

Sunday

\*\*\*Coach/trainer/instructor will reserve a courtesy period with a maximum of 15 minutes before cancelling class due to "no-show".

08:00

07:30

THANYAPURA PHUKET 15:00 15:30 16:00 16:30 17:00 17:30 18:00