

JULY 2017 - FITNESS & WELLNESS GROUP CLASS CALENDAR



THANYAPURA
PHUKET

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

