

JUNE 2017 - FITNESS & WELLNESS GROUP CLASS CALENDAR

***These group classes are complimentary for membership and hotel guests only**

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



THANYAPURA
PHUKET

	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	Aero Boxing Fitness Studio 1	Introduction to Meditation Wellness Studio 2	Guided Meditation Wellness Studio 2	HIIT Burst 30mins Class *High-Intensity Interval Training (HIIT)* Fitness Studio 1	stretching Fitness Studio 1 30mins Class	Core Fitness Corner	Beach Volleyball Beach Volleyball Court
		Step Toning Fitness Studio 2	Hatha Yoga Wellness Studio 1	MuayThai Circuit MuayThai Stadium		Mindful Yoga Practice Wellness Studio 1		Basic Muaythai 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	HIIT Burst 30mins Class *High-Intensity Interval Training (HIIT)* Fitness Studio 1	Pilates Beginner Fitness Studio 1	Boot Camp Cardio Corner	Beach Volleyball Beach Volleyball Court
		X-Fit Intermediate Birdcage	Slow Flow Yoga Wellness Studio 1	Introduction to Meditation Wellness Studio 2		Yoga Therapy Wellness Studio 1		Spinning Spinning Studio	
		Hip Hop Dance Fitness Studio2							
Wednesday	Guided Meditation Wellness Studio 2	Booty Boot Camp **Ladies Only** Cardio Corner	Core Aqua Sport Hotel Pool	stretching Fitness Studio 1 30mins Class	Guided Meditation Wellness Studio 2	HIIT Burst 30mins Class *High-Intensity Interval Training (HIIT)* Fitness Studio 1	Abs workout Fitness Studio 1 30mins Class	Boot Camp Cardio Corner	Beach Volleyball Beach Volleyball Court
		Yogilates Fitness Studio 1	Spinning Spinning Studio	Introduction to Meditation Wellness Studio 2		Muay Thai Ladies Muay Thai Stadium			
Thursday	Guided Meditation Wellness Studio 2	Spinning Spinning Studio	Core Fitness Corner	Stretching Fitness Studio 1 30mins Class	Guided Meditation Wellness Studio 2	HIIT Burst 30mins Class *High-Intensity Interval Training (HIIT)* Fitness Studio 1	Pilates Fitness Studio 1	Basic Muaythai Muay Thai Stadium	Beach Volleyball Beach Volleyball Court
			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 Studio 1	Stretching Fitness Studio 1 30mins Class		Beach Volleyball Beach Volleyball Court
		Hip Hop Dance Fitness Studio2	Vinyasa Yoga Wellness Studio 1	Introduction to Meditation Wellness Studio 2		YinYoga Wellness Studio 1			
			X-Fit Beginner Birdcage						
Saturday		Hip Hop Dance Fitness Studio2	MuayThai Fit Muay Thai Stadium	Pilates Fitness Studio 1		Yoga Therapy Wellness Studio 1	HIIT Burst 30mins Class Fitness Studio 1	Boot Camp Cardio Corner	
		Dynamic Flow Yoga Wellness Studio 1							
Sunday		Abs workout Fitness Studio 1 30mins Class		Guided Meditation Wellness Studio 2		Yin Yoga Wellness Studio 1	HIIT Burst 30mins Class Fitness Studio 1	Boot Camp Cardio Corner	
		Dynamic Flow Yoga Wellness Studio 1		MuayThai Circuit Muay Thai Stadium					