

FITNESS & WELLNESS GROUP CLASS CALENDAR APRIL 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	Pilates Beginner Fitness Studio 1	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	stretching Fitness Studio 1 30mins Class		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	Introduction to Meditation Wellness Studio 2	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
		Pilates Fitness Studio 1	Spinning Spinning Studio			Muay Thai Ladies Muay Thai Stadium		Boot Camp Cardio Corner	
			Stretching Fitness Studio 1						
Thursday	Guided Meditation: Relaxing and Releasing Tension Wellness Studio 2	Muay Thai Fit 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	Pilates Fitness Studio 1	Muay Thai Fit Muay Thai Stadium	Beach Volleyball Beach Volleyball Court
		Pilates Fitness Studio 1	Step Toning Fitness Studio 2						
		Spinning Spinning Studio	Stretching Fitness 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	HIIT Burst 30mins Class Fitness Studio 1	Boot Camp Cardio Corner	
			Vinyasa Yoga Wellness Studio 1			Deep Stretch and Restorative 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			Yin 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 APRIL 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						Thanyapura Muay Thai Muay Thai Coaches 8.30 - 09.30		Adult Clinic - Tennis Drill Session Tennis Coaches 8.30 - 10.00		Adult Clinic Tennis Beginner Tennis Coaches 10.00 - 11.15													Running Technique Drills and Strides on Athletics Track Triathlon Coaches 17.00 - 18.00			
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				
																							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 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					Women Only Ride Triathlon Coaches 8.30 - 10.00		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				
								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.