

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



THANYAPURA  
PHUKET

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

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

Cancellation 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.

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

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

	06:00	06:30	07:00	07:30	08:00	08:15	08:30	09:00	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
<b>Monday</b>					Guided Meditation (08:00-08:45) Wellness Studio 2 (500THB/session)				Hatha Yoga Wellness Studio 1 (500THB/session)		Introduction to Meditation (10:30-11:15) Wellness Studio 2 (500THB/session)							Guided Meditation (14:00-14:45) Wellness Studio 2 (500THB/session)		Mindful Yoga Practice (15:00-16:00) Wellness Studio 2 (500THB/person)				Core Cardio (17:00-17:55) Fitness Corner (600THB/session)		
<b>Tuesday</b>					X-fit Intermediate (08:30-09:25) Bird Cage (600THB/person)				Hip Hop Dance Fitness Studio 2 (600THB/session)									Guided Meditation (14:00-14:45) Wellness Studio 2 (500THB/session)		Yoga Therapy (15:00-15:55) Wellness Studio 2 (500THB/session)				Spinning (17:00-17:55) Spinning Studio (600THB/session)		
<b>Wednesday</b>				Computrainer Indoor Bike (07:00-08:00) at Computrainer (600THB/Peson)	Booty Boot Camp *LADIES ONLY* (08:30-09:25) Cardio Corner (600THB/person)		Master Swim 25/50M Pool (600THB/session)		Spinning (09:30-10:25) Spinning Studio (600THB/session)		FTP Test with Sport Scientist (10:00-11:00) at Computer Trainer Studio (3500THB/person)							Guided Meditation (14:00-14:45) Wellness Studio 2 (500THB/session)		Yin Yoga (15:00-16:00) Wellness Studio 2 (500THB/person)		Muay Thai Thanya (16:00-16:55) Muaythai Stadium (600THB/person)				
<b>Thursday</b>					Guided Meditation (08:00-08:45) Wellness Studio 2 (500THB/session)		Master Swim 25/50M Pool (600THB/session)		Core (09:30-10:25) Fitness Corner (600THB/session)									Guided Meditation (14:00-14:45) Wellness Studio 2 (500THB/session)		Yoga Therapy (15:00-15:55) Wellness Studio 2 (500THB/session)		Pilates (16:00-16:55) Fitness Studio 1 (600THB/person)				
<b>Friday</b>					Guided Meditation (08:00-08:45) Wellness Studio 2 (500THB/session)		Hip Hop Dance Fitness Studio 2 (600THB/session)		Core Cardio (09:30-10:25) Fitness Corner (600THB/session)		FTP Test with Sport Scientist (10:00-11:00) at Computer Trainer Studio (3500THB/person)							Guided Meditation (14:00-14:45) Wellness Studio 2 (500THB/session)		Yin Yoga (15:00-16:00) Wellness Studio 2 (500THB/person)		Muay Thai Thanya (16:00-16:55) Muaythai Stadium (600THB/person)				
<b>Saturday</b>					Guided Meditation (08:00-08:45) Wellness Studio 2 (500THB/session)		Hip Hop Dance Fitness Studio 2 (600THB/session)					Pilates (11:15-11:55) Fitness Studio 1 (600THB/person)								Yoga Therapy (15:00-15:55) Wellness Studio 2 (500THB/session)				Boot Camp (17:00-17:55) Bird Cage (600THB/person)		
<b>Sunday</b>					Guided Meditation (08:00-08:45) Wellness Studio 2 (500THB/session)		Dynamic Flow Yoga (08:30-09:25) Wellness Studio 1 (500THB/session)					Muay Thai Circuit (11:15-11:55) Muaythai Stadium (600THB/person)								Yin Yoga (15:00-16:00) Wellness Studio 2 (500THB/person)				Boot Camp (17:00-17:55) Bird Cage (600THB/person)		