

# SEPTEMBER 2017 - FITNESS & WELLNESS GROUP CLASS CALENDAR

UPDATED 25/08/2017

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	Open Meditation on your own Wellness Studio 2	Pilates Fitness Studio 1	Mindful Movement (Yoga) Wellness Studio 1	Stretching Fitness Studio 1 30mins Class	Guided Meditation Wellness Studio 2	HIIT Burst 30mins Class *High-Intensity Interval Training (HIIT)* Fitness Studio 1	Abs and Stretching Workout Fitness Studio 1	MuayThai Circuit Muay Thai Stadium	Beach Volleyball Beach Volleyball Court
	HIIT Burst 30mins Class *High-Intensity Interval Training (HIIT)* Fitness Corner		Step Toning Fitness Studio 1	Introduction to Meditation Wellness Studio 2		Hatha Yoga Wellness Studio 1			
			MuayThai Circuit MuayThai Stadium						
Tuesday	Open Meditation on your own Wellness Studio 2	Muay Thai Ladies Muay Thai Stadium	Stretching Fitness Studio 1 30mins Class	Introduction to Meditation Fitness Studio 2	Guided Meditation Wellness Studio 2	Yin Yoga Wellness Studio 1	Pilates for Beginner Fitness Studio 1	Boot Camp Bird Cage	
		X-Fit Intermediate Birdcage	Slow Flow Yoga Wellness Studio 1	Spinning Spinning Studio					
			Core Fitness Corner						
Wednesday	Open Meditation on your own Wellness Studio 2	Ladies Boot Camp **Ladies Only** Cardio Corner	Bounce DanceFit Fitness Studio 2	Spinning Spinning Studio	Guided Meditation Wellness Studio 2	HIIT Burst 30mins Class *High-Intensity Interval Training (HIIT)* Fitness Studio 1	Pilates Fitness Studio 1	Boot Camp Bird Cage	Beach Volleyball Beach Volleyball Court
	HIIT Burst 30mins Class *High-Intensity Interval Training (HIIT)* Fitness Corner	Yogilates Fitness Studio 1	Deep Stretch Yoga Wellness Studio 1	Introduction to Meditation Fitness Studio 2		Hatha Yoga Wellness Studio 1			
			Core Aqua by Stefan Sport Hotel Pool	Stretching Fitness Studio 1 30mins Class		MuayThai Ladies MuayThai Stadium			
Thursday	Open Meditation on your own Wellness Studio 2	Spinning Spinning Studio	Core Fitness Corner	Introduction to Meditation Fitness Studio 2	Guided Meditation Wellness Studio 2	Slow Flow Yoga Wellness Studio 1	Pilates Beginner Fitness Studio 1	MuayThai Circuit MuayThai Stadium	
		Yogilates Fitness Studio 1	Mindful Movement (Yoga) Wellness Studio 1	Stretching Fitness Studio 1 30mins Class					
			Step Toning Fitness Studio 2						
Friday	HIIT Burst 30mins Class *High-Intensity Interval Training (HIIT)* Fitness Corner	Pilates Fitness Studio 1	Core Cardio Fitness Corner	MuayThai Circuit MuayThai Stadium	Guided Meditation Wellness Studio 2	HIIT Burst 30mins Class *High-Intensity Interval Training (HIIT)* Fitness Studio 1	Stretching Fitness Studio 1 30mins Class		
	Open Meditation on your own Wellness Studio 2	Bounce DanceFit Fitness Studio 2	Hatha Yoga Wellness Studio 1	Introduction to Meditation Wellness Studio 2		Yoga Therapy Wellness Studio 1			
			X-Fit Beginner Birdcage						
	8:00-8:45	8:30 - 9:25	9:30 - 10:25	11:15-11:55	14:00 -14:55	15:00-15:55	16:00 - 16:55	17:00 - 17:55	
Saturday	Open Meditation on your own Wellness Studio 2	HIIT Burst 30mins Class *High-Intensity Interval Training (HIIT)* Fitness Studio 1	MuayThai Fit MuayThai Stadium	Bounce DanceFit Fitness Studio 2	Yogilates Fitness Studio 1	Chakra Balance and Deep Relaxation Yoga Wellness Studio 1	HIIT Burst 30mins Class *High-Intensity Interval Training (HIIT)* Fitness Studio 1	Boot Camp Bird Cage	
Sunday	Open Meditation on your own Wellness Studio 2	HIIT Burst 30mins Class *High-Intensity Interval Training (HIIT)* Fitness Studio 1	Abs Workout Fitness Studio 1 30mins Class	MuayThai Circuit MuayThai Stadium		Deep Stretch Yoga Wellness Studio 1	HIIT Burst 30mins Class *High-Intensity Interval Training (HIIT)* Fitness Studio 1	Boot Camp Bird Cage	
			Slow Flow Yoga Wellness Studio 1						