

# GROUP CLASS TIMETABLE

JULY - SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LONG RUN 15-21 KM</b> PACE 5-6.30 MINS/KM ‡ RICKY & GOLF Ⓞ 7:00 - 9:30	<b>BRICK SESSION</b> (BIKE 40-70 KM + RUN 4-7 KM) BIKE AV 28-30/KM ‡ RICKY, GOLF, LUCKY Ⓞ 7:30 - 11:00	<b>BIKE COMPUTRAINER</b> ‡ GOLF Ⓞ 7:30 - 8:30	<b>LONG RIDE 70/105 KM</b> AV.28-30/KM ‡ RICKY, LUCKY, MADHU Ⓞ 7:30 - 13:00	<b>LONG RUN 15-21 KM</b> PACE 5-6.30 MINS/KM ‡ RICKY & GOLF Ⓞ 7:00 - 9:30	<b>BRICK SESSION</b> (BIKE 45 KM + RUN 5-7 KM) BIKE AV. 30+/KM ‡ LUCKY, MADHU Ⓞ 7:30 - 11:00	<b>LONG RIDE 110 KM</b> AV.28-30/KM ‡ LUCKY, MADHU Ⓞ 7:30 - 13:00
<b>GUIDED MEDITATION</b> ‡ PIERRE Ⓞ 8:00 - 8:45	<b>GUIDED MEDITATION</b> ‡ PIERRE Ⓞ 8:00 - 8:45	<b>SPINNING 30</b> ‡ A Ⓞ 8:00 - 8:30	<b>GUIDED MEDITATION</b> ‡ PIERRE Ⓞ 8:00 - 8:45	<b>DYNAMIC WARM UP</b> ‡ BEER Ⓞ 8:00 - 8:30	<b>OPEN MEDITATION ON YOUR OWN</b> Ⓞ 8:00 - 8:45	<b>OPEN MEDITATION ON YOUR OWN</b> Ⓞ 8:00 - 8:45
<b>SUNRISE STATION</b> ‡ JAY Ⓞ 8:00 - 8:30	<b>ATHLETIC YOGA</b> ‡ JAY Ⓞ 8:15 - 9:15	<b>GUIDED MEDITATION</b> ‡ PIERRE Ⓞ 8:00 - 8:45	<b>QIGONG (BEGINNER)</b> ‡ EDDIE Ⓞ 8:15 - 9:15	<b>GUIDED MEDITATION</b> ‡ PIERRE Ⓞ 8:00 - 8:45	<b>VINYASA YOGA</b> ‡ DANIEL Ⓞ 9:00 - 10:00	<b>TENNIS CLUB PLAY</b> ‡ TENNIS COACH Ⓞ 08.30 - 10.00
<b>GENTLE FLOW</b> ‡ LAURENCE Ⓞ 8:15 - 9:15	<b>SPINNING</b> ‡ A Ⓞ 8:30 - 9:30	<b>AERIAL YOGA</b> ‡ LAURENCE Ⓞ 8:15 - 9:15	<b>ZUMBA</b> ‡ DANIEL Ⓞ 8:30 - 9:30	<b>SOFTBALL PILATES</b> ‡ LAURENCE Ⓞ 8:15 - 9:15	<b>MUAY THAI LADIES</b> ‡ SALLY Ⓞ 11:00 - 12:00	<b>YOGA FOR ATHLETES</b> ‡ JAY Ⓞ 9:30 - 10:30
<b>STEP TONNING</b> ‡ A Ⓞ 8:30 - 9:30	<b>MASTER SWIM</b> ‡ AQUATIC COACH Ⓞ 8:30 - 9:30	<b>LADIES BOOT CAMP</b> ‡ A Ⓞ 8:30 - 9:30	<b>MASTER SWIM</b> ‡ AQUATIC COACH Ⓞ 8:30 - 9:30	<b>BOUNCE DANCEFIT</b> ‡ BEER Ⓞ 8:30 - 9:30	<b>TRIATHLON SWIM 1.5-2 KM</b> ‡ MADHU Ⓞ 11:30 - 12:30	<b>MUAY THAI FIT</b> ‡ JAY Ⓞ 11:00 - 12:00
<b>FITBALL</b> ‡ SALLY Ⓞ 9:30 - 10:30	<b>POUND</b> ‡ BEER Ⓞ 9:30 - 10:15	<b>MASTER SWIM</b> ‡ AQUATIC COACH Ⓞ 8:30 - 9:30	<b>CORE &amp; FUNCTIONAL MOVEMENT</b> ‡ STEFAN Ⓞ 9:30 - 10:45	<b>CORE CARDIO</b> ‡ STEFAN Ⓞ 9:30 - 10:45	<b>KETTLEBELL WORKOUT</b> ‡ SALLY Ⓞ 15:00 - 16:00	<b>QIGONG (INTRODUCTION)</b> ‡ EDDIE Ⓞ 14:00 - 15:00
<b>SOFTBALL PILATES</b> ‡ LAURENCE Ⓞ 10:00 - 11:00	<b>CORE &amp; FUNCTIONAL MOVEMENT</b> ‡ STEFAN Ⓞ 9:30 - 10:45	<b>BOUNCE DANCEFIT</b> ‡ BEER Ⓞ 9:30 - 10:30	<b>SPINNING</b> ‡ A Ⓞ 9:30 - 10:30	<b>RESTORATIVE YOGA</b> ‡ DANIEL Ⓞ 10:00 - 11:00	<b>PILATES FITNESS</b> ‡ DANIEL Ⓞ 16:00 - 17:00	<b>ABS &amp; CORE</b> ‡ SALLY Ⓞ 15:00 - 15:45
<b>BIKE COMPUTRAINER</b> ‡ GOLF & LUCKY Ⓞ 10:00 - 11:00	<b>YIN YOGA</b> ‡ DANIEL Ⓞ 10:00 - 11:00	<b>CORE AQUA</b> ‡ STEFAN Ⓞ 9:30 - 10:45	<b>AERIAL YOGA</b> ‡ DANIEL Ⓞ 10:00 - 11:00	<b>ATTENTION BALANCING CENTERING</b> ‡ PIERRE Ⓞ 11:00 - 11:45	<b>LEISURE RIDE 25 KM</b> AV. 25/KM ‡ LUCKY & MADHU Ⓞ 16:00 - 17:00	<b>ACTIVE RECOVERY</b> ‡ NAT Ⓞ 16:00 - 16:45
<b>ACTIVE RECOVERY</b> ‡ NAT Ⓞ 11:00 - 11:45	<b>ATTENTION BALANCING CENTERING</b> ‡ PIERRE Ⓞ 11:00 - 11:45	<b>DEEP STRETCH</b> ‡ JAY Ⓞ 11:00 - 12:00	<b>ATTENTION BALANCING CENTERING</b> ‡ PIERRE Ⓞ 11:00 - 11:45	<b>FITBALL</b> ‡ NAT Ⓞ 11:00 - 12:00	<b>BOOT CAMP</b> ‡ BEER Ⓞ 17:00 - 18:00	<b>RECOVERY SWIM 1.5-2 KM</b> ‡ MADHU Ⓞ 16:00 - 17:00
<b>ATTENTION BALANCING CENTERING</b> ‡ PIERRE Ⓞ 11:00 - 11:45	<b>CARDIO MUAY THAI</b> ‡ A Ⓞ 11:00 - 12:00	<b>YOGA FOR HIPS &amp; SPINE</b> ‡ LAURENCE Ⓞ 10:00 - 11:00	<b>MUAY THAI FIT</b> ‡ JAY Ⓞ 11:00 - 12:00	<b>YOGA NIDRA</b> ‡ PIERRE Ⓞ 14:00 - 14:45		<b>BOOT CAMP</b> ‡ NAT Ⓞ 17:00 - 18:00
<b>YOGA NIDRA</b> ‡ PIERRE Ⓞ 14:00 - 14:45	<b>TRIATHLON SWIM 1.5-2 KM</b> ‡ MADHU Ⓞ 11:30 - 12:30	<b>YOGA NIDRA</b> ‡ PIERRE Ⓞ 11:00 - 11:45	<b>ABS &amp; CORE</b> ‡ BEER Ⓞ 14:00 - 14:45	<b>PLYO &amp; AGILTY</b> ‡ NAT Ⓞ 15:00 - 15:45		
<b>SPINNING</b> ‡ A Ⓞ 14:00 - 15:00	<b>GUIDED MEDITATION</b> ‡ PIERRE Ⓞ 14:00 - 14:45	<b>ATTENTION BALANCING CENTERING</b> ‡ PIERRE Ⓞ 14:00 - 14:45	<b>GUIDED MEDITATION</b> ‡ PIERRE Ⓞ 14:00 - 14:45	<b>FULL BODY TABATA</b> ‡ A Ⓞ 16:00 - 16:45		
<b>ABS &amp; CORE</b> ‡ NAT Ⓞ 15:00 - 15:45	<b>PM PUMP</b> ‡ SALLY Ⓞ 15:00 - 16:00	<b>TRX</b> ‡ JAY Ⓞ 15:00 - 15:45	<b>HIIT BURST</b> ‡ BEER Ⓞ 15:00 - 15:30	<b>HATHA YOGA</b> ‡ DANIEL Ⓞ 16:00 - 17:00		
<b>QIGONG (INTRODUCTION)</b> ‡ EDDIE Ⓞ 16:00 - 17:00	<b>ACTIVE RECOVERY</b> ‡ SALLY Ⓞ 16:00 - 16:45	<b>TRIATHLON TRANSITION</b> ‡ MADHU Ⓞ 15:30 - 16:00	<b>TOTAL BODY MOBILITY</b> ‡ NAT Ⓞ 16:00 - 16:30	<b>TRIATHLON SWIM 1.5-2 KM</b> ‡ RICKY & GOLF Ⓞ 16:00 - 17:00		
<b>THE YARD BOOTCAMP</b> ‡ SALLY Ⓞ 16:00 - 17:00	<b>ZUMBA</b> ‡ DANIEL Ⓞ 17:00 - 18:00	<b>X-TREME RALLY</b> ‡ SALLY Ⓞ 16:00 - 17:00	<b>PILATES LEVEL 2</b> ‡ DANIEL Ⓞ 16:00 - 17:00	<b>STRENGTH BOOT CAMP</b> ‡ NAT Ⓞ 17:00 - 18:00		
<b>SWIM DRILLS 1.5-2 KM</b> ‡ RICKY & GOLF Ⓞ 16:00 - 17:00	<b>BOOT CAMP</b> ‡ BEER Ⓞ 17:00 - 18:00	<b>LEISURE RIDE 25 KM</b> AV.25/KM ‡ RICKY & MADHU Ⓞ 16:00 - 17:00	<b>INTERVAL RUNNING</b> ‡ GOLF Ⓞ 17:00 - 18:30	<b>CARDIO TENNIS</b> ‡ TENNIS COACH Ⓞ 17:00 - 18:00		
<b>CORE &amp; FUNCTIONAL MOVEMENT</b> ‡ STEFAN Ⓞ 17:00 - 18:00	<b>INTERVAL RUNNING</b> ‡ MADHU Ⓞ 17:00 - 18:30	<b>PILATES</b> ‡ DANIEL Ⓞ 16:00 - 17:00	<b>CIRCUIT TRAINING</b> ‡ NAT Ⓞ 17:00 - 18:00	<b>BEACH VOLLEYBALL ON YOUR OWN</b> Ⓞ 18:00 - 19:00		
<b>CARDIO TENNIS</b> ‡ TENNIS COACH Ⓞ 17:00 - 18:00		<b>SPINNING</b> ‡ BEER Ⓞ 17:00 - 18:00				
<b>BEACH VOLLEYBALL ON YOUR OWN</b> Ⓞ 18:00 - 19:00		<b>BEACH VOLLEYBALL ON YOUR OWN</b> Ⓞ 18:00 - 19:00				
		<b>TENNIS CLUB PLAY</b> ‡ TENNIS COACH Ⓞ 18:00 - 19:30				

## STUDIO LEGENDS

- FITNESS CORNER
- FITNESS STUDIO 1
- FITNESS STUDIO 2
- MUAY THAI STADIUM
- BEACH VOLLEYBALL COURT
- SPINNING ROOM
- X-TREME BOX
- SWIMMING POOL
- HOTEL SWIMMING POOL
- BANGTAO BEACH
- RUNNING TRACK
- OUTSIDE ROUTING
- COMPUTRAINER ROOM
- WELLNESS STUDIO 1
- WELLNESS STUDIO 2
- CARDIO ZONE
- POWER ZONE
- TENNIS COURT
- PROJECT X-TREME
- BIKE SHOP

FREE FOR ALL GUESTS

WELLNESS GROUP CLASS

FITNESS GROUP CLASS

SPORTS GROUP CLASS

#WEOPTIMISEYOURLIFE

\*MEETING POINT FOR SPORT GROUP CLASS AT CLUB SERVICE

# GROUP CLASS TIMETABLE

USE THIS GUIDE TO DECIDE WHICH CLASSES SUIT YOU BEST



THANYAPURA  
HEALTH & SPORTS RESORT  
PHUKET

## STEP TONING:

This full body cardio workout is perfect if you enjoy step aerobics and working out to high energy music. A series of creative and dynamic moves will help you to build strength, enhance your cardio and burn through those calories.

## MUAY THAI FIT:

Whether you are looking to improve your boxing skills, build up your strength or enhance your cardio levels, this class is for you. Muay Thai Fit combines bodyweight exercise, cardio and sparring, and is designed to improve participants' boxing skills.

## HIIT BURST:

This 30 minutes high intensity interval training workout provides a full body workout designed to challenge you through bodyweight movement. HIIT Burst will improve your strength, build lean muscle and take the heart rate to new highs.

## STRENGTH TRAINING CAMP:

This class will be more focus in the developing of the volume of weight in strength training. During 3 months since first class. You will get improvement by be able to lift more weight. That mean your body is get stronger and better.

## TRX:

Is a full-body strength workout that utilizes a person's own body weight. It benefits is for flexibility, balance, and coordination. This class will take 45 minutes and every level of participant is welcome.

## ACTIVE RECOVERY:

This class is designed to help you to improve your range of motion, your flexibility and your posture. Muscle relaxation is part of the recovery process in order to able to perform at your best during exercising.

## YOGA NIDRA:

(Sanskrit: योग निद्रा or yogic sleep) is a state of consciousness between waking and sleeping, like the "going-to-sleep" stage. It is a state in which the body is completely relaxed, and the practitioner becomes systematically and increasingly aware of the inner world by following a set of verbal instructions.

## QIGONG:

Is an ancient Chinese exercise and healing technique that involves meditation, controlled breathing and movement exercises.... Qi is a concept from traditional Chinese culture that roughly means vital energy, information, breath or spirit.

## AERIAL YOGA:

Our class is designed to help you build your core, upper body, grip strength, balance, and stamina. Class begins with centering, warm-up, posture focus, core and upper body work, as well as intro to inversions and Savasana – all with the assistance of your hammock.

## BOOT CAMP:

Thanyapura's Boot Camp offers a commando course for civilians that holds a unique Island twist. The class provides a mixture of high intensity cardio, body weight resistance and functional training designed to prepare you for the war we fight each day called life.

## LADIES BOOT CAMP:

This workout is designed by women and made for women. Ladies Bootcamp tones the most challenging of areas, and offers a high-intensity workout that targets the abdominals, glutes and thighs. The 30-minute session will help tone the lower body, reducing body fat and boosting cardiovascular health. At the same time, participants will gain lean muscle, improve their flexibility and their movement. Due to the dynamic nature of the movements, all core muscles are targeted.

## CORE AQUA:

Core Aqua is a low-impact workout, providing core-centric stability and strength building for your abs and lower back muscles. Challenge yourself in the water - 800 times denser than air.

## CORE CLASS:

A uniquely signature aspect of Thanyapura's training, this class will focus on developing all aspects of the body's core, and will challenge your core into getting stronger.

## BOUNCE DANCEFIT:

Bounce is a brand new high energy dance and fitness class that will change the way you look at your workout! It is fun, effective and suitable for everyone. The perfect combination of fitness and dance creates a fun workout environment that will leave you wanting more!

## FIT BALL:

Fit Ball is a specially designed ball used primarily for fitness and athletic training, also used in physical therapy, rehabilitation and more. They add an enjoyable element to a standard regiment, due to the unstable ball surface which requires increased activation of the core musculature.

## INTERVAL RUNNING:

Interval training consists of short, intense bursts of energy, followed by equal or slightly longer recovery times. It is a highly effective training technique and can be applied to almost any training program. In the case of Thanyapura's Track Intervals class, it is applied it to running, where the trainer will take each athlete's average pace and ask them to work a little harder, a little faster and sometimes a little longer than they are used to, but with adequate rest periods in between. This enables the athlete to quickly improve their performance, endurance and stamina.

## SPINNING:

This high intensity cycling workout follows the rhythm of the music, challenging your heart rate and your legs with varying levels of resistance to help you become stronger and faster.