

# FEBRUARY 2018- GROUP TRAINING CLASS CALENDAR

UPDATED 16/01/2018

PRIVATE GROUP CLASSES & PERSONAL TRAINING SESSIONS AVAILABLE - BOOK: CLUBSERVICES@THANYAPURA.COM



CLASSES, COACHES AND VENUES ARE SUBJECT TO CHANGE DUE TO AVAILABILITY.

The classes are on "first come, first serve" basis and are subject to availability.

Please be present 10 mins before classes start

	8:00-8:45	8:30 - 9:25	9:30 - 10:25	11:00-11:55	14:00 - 14:55	15:00 - 15:55	16:00 - 16:55	17:00 - 17:55	18:00 - 18:55
<b>Monday</b>	<b>HIIT Burst 30mins Class *High-Intensity Interval Training (HIIT)* Fitness Corner</b>	<b>Pilates</b> Fitness Studio 1	<b>Step Toning</b> Fitness Studio 1	<b>MuayThai Circuit</b> MuayThai Stadium		<b>HIIT Burst 30mins Class *High-Intensity Interval Training (HIIT)* Fitness Studio 1</b>	<b>Stretching</b> Fitness Studio 1 <b>30mins Class</b>	<b>MuayThai Circuit</b> Muay Thai Stadium  <b>Core</b> Fitness Corner	<b>Beach Volleyball</b> Beach Volleyball Court
<b>Tuesday</b>	<b>Bike Class</b> Bike Studio	<b>Muay Thai Circuit</b> Muay Thai Stadium  <b>X-Fit Intermediate</b> Birdcage	<b>Core</b> Fitness Corner	<b>Stretching</b> Fitness Studio 1 <b>30mins Class</b>			<b>Stretching</b> Fitness Studio 1 <b>30mins Class</b>	<b>Boot Camp</b> Bird Cage	
<b>Wednesday</b>	<b>HIIT Burst 30mins Class *High-Intensity Interval Training (HIIT)* Fitness Corner</b>	<b>Boot Camp for Ladies</b> Fitness Corner	<b>Bounce DanceFit</b> Fitness Studio 2  <b>Core Aqua by Stefan</b> Sport Hotel Pool	<b>10:30-11:25 Bike Class</b> Bike Studio		<b>HIIT Burst 30mins Class *High-Intensity Interval Training (HIIT)* Fitness Studio 1</b>	<b>Stretching</b> Fitness Studio 1 <b>30mins Class</b>	<b>Boot Camp</b> Bird Cage	<b>Beach Volleyball</b> Beach Volleyball Court
<b>Thursday</b>	<b>Bike Class</b> Bike Studio	<b>Step Toning</b> Fitness Studio 2	<b>Core</b> Fitness Corner	<b>Stretching</b> Fitness Studio 1 <b>30mins Class</b>			<b>Stretching</b> Fitness Studio 1 <b>30mins Class</b>	<b>MuayThai Circuit</b> MuayThai Stadium	
<b>Friday</b>	<b>HIIT Burst 30mins Class *High-Intensity Interval Training (HIIT)* Fitness Corner</b>	<b>Pilates</b> Fitness Studio 1  <b>Bounce DanceFit</b> Fitness Studio 2	<b>Core Cardio</b> Fitness Corner  <b>X-Fit Beginner</b> Birdcage	<b>MuayThai Circuit</b> MuayThai Stadium		<b>HIIT Burst 30mins Class *High-Intensity Interval Training (HIIT)* Fitness Studio 1</b>	<b>Stretching</b> Fitness Studio 1 <b>30mins Class</b>		
<b>Saturday</b>	<b>8:00-8:45</b> <b>Beach Volleyball</b> Beach Volleyball	<b>8:30 - 9:00</b> <b>Stretching</b> Fitness Studio 1 <b>30mins Class</b>	<b>09:40-10:10</b> <b>Abs Workout</b> Fitness Studio 1 <b>30mins Class</b>	<b>11:00-11:55</b> <b>MuayThai Fit</b> MuayThai Stadium	<b>14:00 - 14:55</b>	<b>15:00- 15:55</b> <b>HIIT Burst 30mins Class *High-Intensity Interval Training (HIIT)* Fitness Studio 1</b>	<b>16:00 - 16:55</b>	<b>17:00 - 17:55</b> <b>Boot Camp</b> Bird Cage	
<b>Sunday</b>		<b>Stretching</b> Fitness Studio 1 <b>30mins Class</b>	<b>** Abs Workout</b> Fitness Studio 1 <b>30mins Class</b>	<b>MuayThai Circuit</b> MuayThai Stadium		<b>HIIT Burst 30mins Class *High-Intensity Interval Training (HIIT)* Fitness Studio 1</b>		<b>Boot Camp</b> Bird Cage	

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- Reservation must be made with Club Services and acceptance into the class will be on a first-come, first-serve basis.
- Please be present 10 minutes before classes start to ensure they run on time
- For any concerns. Please email : sports@thanyapura.com or contact Club Services