

# GROUP CLASS TIMETABLE

OCTOBER - DECEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>ANDAMAN OPEN WATER SWIM</b> TRIATHLON COACH 7:00 - 11:00	<b>BRICK SESSION 40 KM</b> 40 KM (AV 24.29)/70 KM (AV 29.33) BIKE RUN 2.4-6 KM TRIATHLON COACH 7:30 - 11:00	<b>BIKE COMPUTRAINER</b> TRIATHLON COACH 8:30 - 9:30	<b>007 JAMES BOND BIKE RIDE</b> AV GROUP: 25-29/70 KM AV GROUP: 29-33/105 KM TRIATHLON COACH 7:30 - 13:00	<b>THANYAPURA LONG RUN</b> 7.5 KM/ 15 KM/ 21 KM TRIATHLON COACH 7:00 - 9:30	<b>BIG GEAR BIKE TT</b> TRIATHLON COACH 7:30 - 10:30	<b>LONG RIDE 105 KM</b> AV GROUP 1 - 29-33 AV GROUP 2 - 25-29 TRIATHLON COACH 7:30 - 13:00
<b>GUIDED MEDITATION</b> PIERRE 8:00 - 8:45	<b>GUIDED MEDITATION</b> PIERRE 8:00 - 8:45	<b>GUIDED MEDITATION</b> PIERRE 8:00 - 8:45	<b>GUIDED MEDITATION</b> PIERRE 8:00 - 8:45	<b>GUIDED MEDITATION</b> PIERRE 8:00 - 8:45	<b>OPEN MEDITATION ON YOUR OWN</b> 8:00 - 8:45	<b>OPEN MEDITATION ON YOUR OWN</b> 8:00 - 8:45
<b>GENTLE FLOW</b> LAURENCE 8:15 - 9:15	<b>PILATES</b> DANIEL 8:15 - 9:15	<b>AERIAL YOGA</b> DANIEL, LAURENCE 8:15 - 9:15	<b>HATHA FLOW</b> KATE 8:15 - 9:15	<b>SOFTBALL PILATES</b> LAURENCE 8:15 - 9:15	<b>AERIAL YOGA LEVEL 2</b> THB 300 MINIMUM 4 PAX KATE 8:00 - 9:00	<b>TENNIS SOCIAL PLAY</b> TENNIS COACH 8:30 - 10:00
<b>STEP AEROBIC</b> A 8:15 - 9:15	<b>SPINNING</b> A 8:15 - 9:15	<b>FUSION FLOW YOGA</b> DANIEL, LAURENCE 8:15 - 9:15	<b>ZUMBA</b> DANIEL 8:15 - 9:15	<b>BOUNCE DANCEFIT</b> BEER 8:15 - 9:15	<b>HALF MURPH CHALLENGE</b> **STARTS ON 1ST OF NOVEMBER** DAMIEN 8:30 - 9:30	<b>YOGA FOR ATHLETES</b> JAY 9:30 - 10:30
<b>FITBALL</b> SALLY 9:30 - 10:30	<b>ENDUROFIT</b> **STARTS ON 1ST OF NOVEMBER** DAMIEN 8:30 - 9:30	<b>LADIES BOOT CAMP</b> A 8:15 - 9:15	<b>ENDUROFIT</b> **STARTS ON 1ST OF NOVEMBER** DAMIEN 8:30 - 9:30	<b>CORE CARDIO</b> STEFAN 9:30 - 10:45	<b>VINYASA (INTERMEDIATE)</b> DANIEL 9:15 - 10:15	<b>MUAY THAI FIT</b> JAY 11:00 - 12:00
<b>SOFTBALL PILATES</b> LAURENCE 10:00 - 11:00	<b>MASTER SWIM</b> AQUATIC COACH 8:30 - 9:30	<b>MASTER SWIM</b> AQUATIC COACH 8:30 - 9:30	<b>MASTER SWIM</b> AQUATIC COACH 8:30 - 9:30	<b>RESTORATIVE YOGA</b> DANIEL 10:00 - 11:00	<b>POST-CYCLING STRETCH CLASS</b> TRIATHLON COACH 10:30 - 11:00	<b>ABS &amp; CORE</b> SALLY 15:00 - 15:45
<b>ACTIVE RECOVERY</b> NAT 11:00 - 11:30	<b>POUND</b> BEER 9:30 - 10:15	<b>BOUNCE DANCEFIT</b> BEER 9:30 - 10:30	<b>CORE &amp; FUNCTIONAL MOVEMENT</b> STEFAN 9:30 - 10:45	<b>ATTENTION BALANCING CENTERING</b> PIERRE 11:00 - 11:45	<b>MUAY THAI FOR LADIES</b> SALLY 11:00 - 12:00	<b>ANDAMAN OPEN WATER SWIM</b> THB 600 MINIMUM 2 PAX TRIATHLON COACH 15:00 - 17:00
<b>ATTENTION BALANCING CENTERING</b> PIERRE 11:00 - 11:45	<b>CORE &amp; FUNCTIONAL MOVEMENT</b> STEFAN 9:30 - 10:45	<b>CORE AQUA</b> STEFAN 9:30 - 10:45	<b>SPINNING</b> A 9:30 - 10:30	<b>POST-SWIMMING YOGA</b> YOGA TRAINER 11:00 - 11:30	<b>TENNIS CARDIO</b> TENNIS COACH 14:00 - 15:00	<b>ACTIVE RECOVERY</b> NAT 16:00 - 16:30
<b>POST-CYCLING/RUNNING YOGA</b> YOGA TRAINER 11:00 - 11:30	<b>YIN YOGA</b> DANIEL 10:00 - 11:00	<b>FREE YOUR HIPPS</b> LAURENCE 10:00 - 11:00	<b>AERIAL YOGA LEVEL 2</b> THB 300 MINIMUM 4 PAX KATE 10:00 - 11:00	<b>YOGA NIDRA</b> PIERRE 14:00 - 14:45	<b>HATHA YOGA</b> KATE 14:00 - 15:00	<b>BOOT CAMP</b> NAT 17:00 - 18:00
<b>YOGA NIDRA</b> PIERRE 14:00 - 14:45	<b>ATTENTION BALANCING CENTERING</b> PIERRE 11:00 - 11:45	<b>RECOVERY RIDE 21 KM</b> TRIATHLON COACH 10:00 - 11:00	<b>ATTENTION BALANCING CENTERING</b> PIERRE 11:00 - 11:45	<b>PLYOMETRIC &amp; DRILLS FOR RUNNERS</b> NAT 15:00 - 15:45	<b>KETTLEBELL WORKOUT</b> SALLY 15:00 - 16:00	
<b>ABS &amp; CORE</b> NAT 15:00 - 15:45	<b>CARDIO MUAY THAI</b> A 11:00 - 12:00	<b>REWILD TRAIL RUN 8 KM</b> THB 600 MINIMUM 2 PAX TRIATHLON COACH 10:30 - 11:30	<b>MUAY THAI FIT</b> JAY 11:00 - 12:00	<b>ABS &amp; CORE</b> A 16:00 - 16:45	<b>PILATES FOR ATHLETE</b> DANIEL 16:00 - 17:00	
<b>AERIAL YOGA</b> KATE 16:00 - 17:00	<b>GUIDED MEDITATION</b> PIERRE 14:00 - 14:45	<b>DEEP STRETCH</b> JAY 11:00 - 12:00	<b>GUIDED MEDITATION</b> PIERRE 14:00 - 14:45	<b>LIGHT YOGA</b> DANIEL 16:00 - 17:00	<b>EASY/RECOVERY RUN 5 KM</b> TRIATHLON COACH 16:00 - 17:00	
<b>THE YARD BOOTCAMP</b> SALLY 16:00 - 17:00	<b>HIIT BURST</b> BEER 15:00 - 15:30	<b>YOGA NIDRA</b> PIERRE 11:00 - 11:45	<b>TRX</b> JAY 15:00 - 15:45	<b>MISSION HILLS LEISURE RIDE</b> TRIATHLON COACH 16:00 - 17:00	<b>BOOT CAMP</b> BEER 17:00 - 18:00	
<b>HILL REPEATS RUN</b> TRIATHLON COACH 16:00 - 17:30	<b>POWER YOGA</b> JAY 15:00 - 16:00	<b>POST-TENNIS YOGA</b> YOGA TRAINER 11:00 - 11:30	<b>TOTAL BODY MOBILITY</b> NAT 16:00 - 16:30	<b>STRENGTH BOOTCAMP</b> NAT 17:00 - 18:00		
<b>CORE &amp; FUNCTIONAL MOVEMENT</b> STEFAN 17:00 - 18:00	<b>TRI SWIM (TECHNIQUE)</b> AQUATIC COACH 16:00 - 17:00	<b>ATTENTION BALANCING CENTERING</b> PIERRE 14:00 - 14:45	<b>YIN YOGA</b> DANIEL 16:00 - 17:00	<b>TENNIS CARDIO</b> TENNIS COACH 17:00 - 18:00		
<b>TENNIS CARDIO</b> TENNIS COACH 17:00 - 18:00	<b>X-TREME RALLY</b> SALLY 16:00 - 17:00	<b>PM PUMP</b> SALLY 15:00 - 16:00	<b>MIXED RELAY SPRINT DISTANCE</b> TRIATHLON COACH 16:00 - 18:00	<b>TRI SWIM (TECHNIQUE)</b> THB 600 MINIMUM 2 PAX TRIATHLON COACH 17:30 - 18:30		
<b>BEACH VOLLEYBALL ON YOUR OWN</b> 18:00 - 19:00	<b>ZUMBA</b> DANIEL 17:00 - 18:00	<b>PILATES</b> DANIEL 16:00 - 17:00	<b>SPINNING</b> PINGPING 17:00 - 18:00	<b>BEACH VOLLEYBALL ON YOUR OWN</b> 18:00 - 19:00		
	<b>BOOT CAMP</b> BEER 17:00 - 18:00	<b>SPINNING</b> BEER 17:00 - 18:00				
	<b>BALLISTIC MOVEMENTS</b> THB 600 MINIMUM 2 PAX TRIATHLON COACH 17:00 - 18:00	<b>THANYAPURA TRACK INTERVALS</b> TRIATHLON COACH 17:00 - 18:15				
	<b>TENNIS DRILLS</b> TENNIS COACH 17:00 - 18:00	<b>BEACH VOLLEYBALL ON YOUR OWN</b> 18:00 - 19:00				
		<b>TENNIS SOCIAL 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
- LAGUNA BEACH
- RUNNING TRACK
- OUTSIDE ROUTING
- COMPUTRAINER ROOM
- WELLNESS STUDIO 1
- WELLNESS STUDIO 2
- WELLNESS STUDIO 3
- CARDIO ZONE
- POWER ZONE
- TENNIS COURT
- PROJECT X-TREME
- BIKE SHOP
- FEES APPLIED
- THANYAPURA FACILITIES

**FREE FOR ALL GUESTS**

**WELLNESS GROUP CLASS**

**FITNESS GROUP CLASS**

**SPORTS GROUP CLASS**

\*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 AEROBICS:

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.

## TRX:

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.

## CORE & FUNCTIONAL MOVEMENT:

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

## 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.

## PM PUMP:

Using your body weight movement to strengthen up your cardio vascular, and increase fat burning.

## BOOT CAMP:

Thanyapura's Boot Camp offers a commando course for civilians than 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 Boot Camp tones the most challenging of areas, and offers a high-intensity workout that target 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 target.

## THE YARD BOOTCAMP:

More like circuits training, using obstacles course, functional movement and stamina training. Good for moderate to high intensity.

## KETTLEBELL WORKOUT:

Kettlebell is a great tool, easy to be used and lend themselves to more dynamic movement.

Kettlebell workout requires several muscles worked at once which will help you to improve your strength, cardio, Stability and balance.

## 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!

## 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.

## 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.

## YOGA NIDRA:

(Sanskrit: योग नद्रिा) 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.

## TENNIS DRILLS:

Hit some balls in this semi-intense basket fed drills tennis session. The aim of this session is to allow Thanyapura players to come along a hit over 500 balls in 60 minutes in a specially planned session. For all players from Recreational to Advanced level.

## TENNIS CARDIO:

On court tennis fitness based session designed to get your heart rate up and blood pumping. Burn off the weekend calories and come meet other players of all levels in this social session. Push your self to your own level with the help of our tennis coaches.

## TENNIS SOCIAL PLAY:

Come and meet other players to play social doubles with and maybe have a drink or too other with us in the Booster Bar. Must be able to play doubles without the help of coaches.

## MURPH CHALLENGE:

The workout: A 1-mile run, followed by 100 pullups, 200 pushups, and 300 unweighted squats, followed by another 1-mile run. ... In a nod to the workout's military roots — it's named for Lt. Michael P. Murphy, a Navy SEAL killed in action in 2005. The Murph sets can be broken up into eg. 20 sets of 5 pull ups-10 push ups-15 squats

## 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.

## ENDUROFIT:

Is the ultimate training for mind and body, strength and endurance. Each session will be different to the other combining all areas of Thanyapura from pool hypoxic training, grand stand stair runs, obstacle course drills, CrossFit style strengthening and more. You will be tested every session and guided through each challenge to ignite the power within.

No matter what your goals are in fitness or in life, EnduroFit classes will make them both look a little easier.

Always be prepared - training gear-swim goggles-swimmers-positive attitude

## AERIAL YOGA LEVEL 2:

Intended for the student that has taken at least 4 aerial yoga classes prior to this class, and can get in and out of the hammock safely. You should also feel comfortable with inversions. Registration fee: THB 300

## POWER YOGA:

A challenging, flowing sequence of poses that wakes up your body, increases your heart rate and makes you sweat!

## FUSION FLOW YOGA:

A mix of traditional yoga poses incorporated with another form of fitness, such as Pilates or dance

## SOFTBALL PILATES:

It's a small ball with a soft easy-grip texture that can be used to prompt correct body position and muscle activation while doing exercises. The Overball is a commonly used prop in Pilates, often used to increase the intensity of a workout.

## GENTLE FLOW YOGA:

Is a slow pace flow class incorporating gentle stretching and strengthening movements which are performed in a sequence, concentrating in for maximum benefits. Awareness of the breath helps to calm the mind and enables you to move deeper into the stretches. It's accessible to all levels from beginners to advance

## MOBILITY:

We are going to improve range of motion on the joints that require mobility. (Shoulders, Hip, Thoracic Spine and Ankle)

## INTERVAL RUNNING:

Interval training consists of short, intense bursts of energy, followed by equal or slightly longer recovery times. It is 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 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.