

ADULT GROUP TRAINING FEBRUARY 2015

	08.30-09.25	09.30-10.25	10.30-11.25	14.00-15.00	15.00-15.55	16.00-16.55	17.00-17.55	18.15-18.45	19.30-20.15
Monday	Muay thai fit-Nok	Max Body-Xtreme!-A	30 minute Abs-Chai)	30 Minute Abs-Chai	Mind Training intro-Andrea	Max Body-Strength-Chai	Muay Thai Fit-Chai	Thanyapura 25-K	
	Zumba-Lek				Aero KickBoxing-A				
	Fat Burn Program++-Chris/A	Ashtanga Yoga-Lek	Mind Training intro-Andrea						
Tuesday	Ashtanga Yoga-Lek	Spinning-A	30 minute Stretch-Chai		Spinning-A	Max Body-Cardio-Chai	Cardio Tennis		
	Hatha Flow Yoga-Jome	Zumba-Lek	Breathing & Muscle Relaxation-Andrea***		Breathing & Muscle Relaxation-Andrea***				
Wednesday	Hatha Flow Yoga-Jome	Aero KickBoxing-A	30 Minute Abs-Chai	30 Minute Arms-Chai	Max Body-Strength-Chai	Int. Pilates-Jome	Muay Thai Fit-Chai	Thanyapura 25-Care	
	Zumba-Lek								
	Fat Burn Program++-Chris/A	Ashtanga Yoga-Lek	Centering & Focus Control-Andrea***		Centering & Focus Control-Andrea***				
Thursday	Zumba-Lek	Beg. Pilates-Jome	30 minute stretch-A		Awareness & Balance-Andrea***	Aero KickBoxing-A	Cardio Tennis		
	Sivananda Yoga-Jome		Awareness & Balance-Andrea***				Max Body-Chai		
	Spinning-A								
Friday	Sivananda Yoga-Jome	Max Body Xtreme-A	30 Minute Abs- A	30 Minute Legs-Care	Mind Training intro-Andrea	Beg Pilates-Care	Thanyapura 25-C		
	Fat Burn Program++-Chris/A	Zumba-Lek	Mind Training intro-Andrea			Boot Camp-A			
Saturday	Sivananda Yoga-Jome	Max Body Cardio-Jome			Max Body Cardio-Care	Beg. Pilates-Care			
Sunday	Muay Thai Fit-Chai	Max Body Strength-Chai				Beg. Yoga-Care	Beg. Pilates-Care		

NOTE:

- Most classes are free for Thanyapura Members, DAY PASS GUESTS, and SPORTS HOTEL GUESTS.
- Space is limited for each class.
- Please SIGN UP at Information Desk prior to attending class.
- Private Sessions available for Personal Training, Muay Thai, Yoga, Pilates.
- If you would like to suggest a new class, please leave your feedback with Information Desk.
- Class instructors are subject to change.

++Notes++

++Fat Burn and Body transformation Program is only available to those signed up every 8 weeks, Please speak to Chris or Front desk for more info

ADULT SPORT TRAINING FEBRUARY 2015

	06:00-07:30	07:00-08:00	08:00-09:00	09:00-10:00	10:00-11:00	15:00-15:55	16:00-16:55	17:00-17:55	18:00-18:55	
Monday	Masters Swimming 6.30am-7.30am	Cycling Strength & Speed on Computrainer 7.30am-8.30am	'Mileage Monday' Triathlon Swim (90 Mins)-Ben		Tri2 Run @ 9.45am		Technique and Strides run-Ricky	1 st Monday of the month-Group FTP Test. 2000thb (Reservation necessary)		
	Cycling Strength & Speed on Computrainer 6.00am-7.00am		TRI2 Swim							
			SwimChicks 8.30-9.30am							
			Tennis Drill Session-Miguel 8.30am-10.00am							
Tuesday	Masters Swimming 6.30am-7.30am	40k Ride + Run efforts off the bike	Tri2 Ride @8.30am				Cornering, braking and riding in the pack with Nick Gates (Reservation necessary)	5-A-Side Football League		
			Tennis Sound Strokes-Roger 8.30am-10.00am						Masters Swim (60 Mins)-Miguel (Free Session)	
Wednesday	Long Bike ride (intermediate-Advanced) 6.30am-11.00am									
			Swim (pool)- Ben					Track With Zack (60 Mins) (Tri2 Friendly)		
	Open Water Swim @ Xana beach club -Jurgen	TRI2 Swim		Tri2 Ride @ 9.15am						
		Tennis Fundamentals-Roger 8.30am-10am								
Thursday	Masters Swimming 6.30am-7.30am	70km+7.5km Bike/Run Brick session						Cornering, braking and riding in the pack with Nick Gates (Reservation necessary)	Masters Swim (60 Mins)-Miguel	
		TRI2 Swim		Tri2 Run @ 9.15am						
		Tennis Serves & Strategy 8.30am-10.00am- Roger								
Friday	Masters Swimming 6.30am-7.30am	Cycling Strength & Speed on Computrainer 7.30am-8.30am	'Fast Friday' Triathlon Swim(90 Mins)-Jurgen					Long Run 4km-20km @ 4.30pm (Free Session) (Tri2 Friendly)		
	Cycling Strength & Speed on Computrainer 6.00am-7.00am		SwimChicks 8.30-9.30am							
			Successful Doubles-Miguel 8.30am-10.00am							
Saturday			Individual TT Efforts 60km + Nai Thon Hills(Optional) (Tri2 Friendly)				Aerobic Swim-Jurgen (90 Mins)			
Sunday			Advanced Long Ride 110km-155km (Free Session)			***TRIATHLON Triathlon Group Training 1 Session (THB 600) 2 nd session for the day (THB 300) – No Member Discount 1 Session (THB 600) 2 nd Session for the day (THB 300) – No Member Discount Intermediate / Advance Men's Night 1 Session (THB 300 for Non-Members)		***AQUATICS Adult Learn2Swim 1 Session (THB 600)		

NOTE:

- Sport training classes are paid for unless stated otherwise, Please consult with coach or front desk for more information
- Spaces are limited for each class.
- Please SIGN UP at Information Desk prior to attending class.
- Private Sessions available for all sports.
- If you would like to suggest a new class, please leave your feedback with Information Desk.
- Class instructors are subject to change.

Swim Sessions
Cycling Sessions
Triathlon Sessions
Tennis Sessions