FEBRUARY 2018- GROUP TRAINING CLASS CALENDAR

THANYAPURA
PHUKET

ALL CLASSES ARE SUBJECT TO CHARGE and please book in advance at Club Service or via e-mail : CLUBSERVICES@THANYAPURA.COM, or call 076336000 ext .5040, 5037
Please be present 10 mins before classes start. Present your payment receipt to the trainer
Cancelation must be made 24 hours in advance to receive a refund.
Master Swim have to be booked in advance. The meeting point is at Club Service.
Class, coach and venue is subject ot change without notice.
*****Coach/trainer/instructor will reserve a courtesy period with a maximum 15 minutes before cancellign class due to "no-show"**

	06:00	06:30	07:00	07:30	08:00	08:15	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00
Monday			**Open Water at Outrigger Beach Front** **600THB/session**																				**Run Technique, drills and easy run on Athletics Track (4-12kms)** **600THB/session**		
Tuesday							**Master Swim** 25/50M Pool 600THB/session																		
Wednesday			Computrainer (Indoor Bike) at Computrainer Studio ***FOR MEMBERSHIP ONLY***				**Master Swim** 25/50M Pool 600THB/session				**FTP Test with Sport Scientist** at CompuTrainer Studio **3500THB/person**												**Run Track Intervals on Athletics Track** **(4-12kms)** **600THB/session**		
Thursday							**Master Swim** 25/50M Pool 600THB/sessio																		
					Bike " Terminator" 40-70 km and big gear sections, option run after bike 4-7 km **600THB/session**																					
Friday											**FTP Test with Sport Scientist** at CompuTrainer Studio **3500THB/person**										**Swim Endurance Technique** 25/50M Pool **600THB/session**			
Saturday			**Bike Time Trial Specific (40-80km) on 5km. Loop of quiet roads (+optional LPT Hills)** (600THB/session) ******Advanced booking is required***																						
Sunday			**Bike Long Endurance (110-120km)** (600THB/session) ******Advanced booking is required***																						