

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
OPEN WATER (1.2-2KM) ‡ GOLF & CLINTON Ⓢ 7:00 - 9:30	RUN TIME TRIAL 3/5 KM ‡ GOLF Ⓢ 6:00 - 07:00	RUNNING POSTURE ‡ RICKY Ⓢ 6:00 - 07:00	BRICK SESSION BIKE: (40/70KM) RUN: SHORT COURSE ‡ GOLF, MADHU & LUCKY Ⓢ 7:30 - 12:00	LONG RUN 15-21KM (PACE 5:30-6:30) ‡ RICKY & CLINTON Ⓢ 7:00 - 9:30	OPEN WATER (1.2-2KM) ‡ CLINTON & MADHU Ⓢ 7:00 - 9:30	BIKE ENDURANCE 70/110KM (AV.28-30 KM/HR) ‡ CLINTON, LUCKY & MADHU Ⓢ 7:30 - 12:00	
RECOVERY RIDE 40KM (AV.26-28 KM/HR) ‡ LUCKY Ⓢ 8:00 - 10:00	RIDE 40/70KM (AV.28-30 KM/HR) ‡ GOLF, CLINTON & LUCKY Ⓢ 7:30 - 11:00	SPINNING 30 ‡ A Ⓢ 8:00 - 8:30	OPEN MEDITATION ‡ PIERRE Ⓢ 8:00 - 8:45	SUNRISE STATION ‡ A Ⓢ 8:00 - 8:30	BIKE TIME TRIAL (AV.28-30 KM/HR) ‡ LUCKY Ⓢ 8:00 - 10:30	OPEN MEDITATION ON YOUR OWN Ⓢ 8:00 - 8:45	
OPEN MEDITATION ‡ PIERRE Ⓢ 8:00 - 8:45	OPEN MEDITATION ‡ PIERRE Ⓢ 8:00 - 8:45	OPEN MEDITATION ‡ PIERRE Ⓢ 8:00 - 8:45	CIRCUIT 30 ‡ NAT Ⓢ 8:00 - 8:30	OPEN MEDITATION ‡ PIERRE Ⓢ 8:00 - 8:45	OPEN MEDITATION ON YOUR OWN Ⓢ 8:00 - 8:45	ATHLETIC YOGA ‡ JAY Ⓢ 8:15 - 9:10	
SUNRISE STATION ‡ JAY Ⓢ 8:00 - 8:30	HIIT BURST ‡ FITNESS COACH Ⓢ 8:00 - 8:30	BIKE COMPUTRAINER FOR ADVANCED (MAXIMUM 7 PAX) ‡ GOLF & MADHU Ⓢ 8:00 - 9:00	AERIAL YOGA (MAXIMUM 8 PAX) ‡ MAM Ⓢ 8:15 - 9:10	SOFTBALL PILATES ‡ LAURENCE Ⓢ 8:15 - 9:10	VINYASA YOGA ‡ MAM Ⓢ 8:15 - 9:10	TENNIS SOCIAL CLUB PLAY ‡ TENNIS COACH Ⓢ 8:30 - 10:00	
SOFTBALL PILATES ‡ LAURENCE Ⓢ 8:15 - 9:10	ATHLETIC YOGA ‡ JAY Ⓢ 08:15 - 09:10	YIN YOGA ‡ MAM Ⓢ 8:15 - 9:10	MASTER SWIM ‡ AQUATIC COACH Ⓢ 8:30 - 9:30	BOUNCE DANCEFIT ‡ BEER Ⓢ 8:30 - 9:30	ZUMBA ‡ DANIEL Ⓢ 8:30 - 9:30	MORNING CRUSH ‡ SALLY Ⓢ 9:30 - 10:30	
STEP TONING ‡ A Ⓢ 8:30 - 9:30	MASTER SWIM ‡ AQUATIC COACH Ⓢ 8:30 - 9:30	MASTER SWIM ‡ AQUATIC COACH Ⓢ 8:30 - 9:30	SPINNING ‡ A Ⓢ 8:30 - 9:30	CORE CARDIO ‡ STEFAN Ⓢ 9:30 - 10:30	CIRCUIT 30 ‡ FITNESS COACH Ⓢ 9:15 - 9:45	MUAY THAI FIT ‡ JAY Ⓢ 11:00 - 12:00	
FITBALL ‡ FITNESS COACH Ⓢ 9:30 - 10:30	SPINNING ‡ A Ⓢ 8:30 - 9:30	LADIES BOOT CAMP ‡ A Ⓢ 8:30 - 9:30	ZUMBA ‡ DANIEL Ⓢ 9:30 - 10:30	RESTORATIVE YOGA ‡ DANIEL Ⓢ 10:00 - 10:55	PILATES ‡ DANIEL Ⓢ 10:00 - 10:55	TRANSITION TRAINING ‡ MADHU Ⓢ 15:00 - 16:00	
PRANA VINYASA ‡ LAURENCE Ⓢ 10:00 - 10:55	POUND ‡ BEER Ⓢ 9:30 - 10:30	RECOVERY RIDE 25KM (AV.23-25 KM/HR) ‡ RICKY Ⓢ 09:30-10:30	CORE ‡ STEFAN Ⓢ 9:30 - 10:30	BIKE HILL REPEATS 30KM (AV.26-28 KM/HR) ‡ CLINTON & GOLF Ⓢ 10:00 - 12:00	CARDIO MUAY THAI ‡ SALLY Ⓢ 11:00 - 12:00	HIIT BURST ‡ FITNESS COACH Ⓢ 15:15 - 15:45	
INTRODUCTION TO MEDITATION ‡ PIERRE Ⓢ 11:00 - 11:45	CORE ‡ STEFAN Ⓢ 9:30 - 10:30	CORE AQUA ‡ STEFAN Ⓢ 9:30 - 10:30	HIP OPENING ‡ LAURENCE Ⓢ 10:00 - 10:55	INTRODUCTION TO MEDITATION ‡ PIERRE Ⓢ 11:00 - 11:45	AERIAL YOGA (MAXIMUM 8 PAX) ‡ MAM Ⓢ 14:00 - 14:55	TEMPO RUN 8-10KM (PACE 5-5:30) ‡ CLINTON Ⓢ 16:00 - 17:00	
MUAY THAI FIT ‡ JAY Ⓢ 11:00 - 12:00	INTRODUCTION TO MEDITATION ‡ PIERRE Ⓢ 11:00 - 11:45	BOUNCE DANCEFIT ‡ BEER Ⓢ 9:30 - 10:30	INTRODUCTION TO MEDITATION ‡ PIERRE Ⓢ 11:00 - 11:45	STRETCHING ‡ FITNESS COACH Ⓢ 11:00 - 12:00	BIKE WORKSHOP ‡ MADHU Ⓢ 14:00 - 15:00	STRETCHING ‡ FITNESS COACH Ⓢ 16:00 - 16:30	
GUIDED MEDITATION ‡ PIERRE Ⓢ 14:00 - 14:45	CARDIO MUAY THAI ‡ A Ⓢ 11:00 - 12:00	PILATES ‡ DANIEL Ⓢ 10:00 - 10:55	DEEP STRETCHING ‡ JAY Ⓢ 11:00 - 12:00	GUIDED MEDITATION ‡ PIERRE Ⓢ 14:00 - 14:45	FITBALL ‡ FITNESS COACH Ⓢ 14:00 - 15:00	LEISURE RIDE 25KM (AV.23-25 KM/HR) ‡ LUCKY Ⓢ 16:00 - 17:00	
HIIT BURST ‡ FITNESS COACH Ⓢ 15:15 - 15:45	GUIDED MEDITATION ‡ PIERRE Ⓢ 14:00 - 14:45	INTRODUCTION TO MEDITATION ‡ PIERRE Ⓢ 11:00 - 11:45	SOFTBALL PILATES ‡ LAURENCE Ⓢ 13:30 - 14:25	PILATES ‡ DANIEL Ⓢ 14:00 - 14:55	HIIT BURST ‡ FITNESS COACH Ⓢ 15:15 - 15:45	BOOT CAMP ‡ NAT Ⓢ 17:00 - 18:00	
BIKE WORKSHOP ‡ CLINTON Ⓢ 15:30 - 16:30	ZUMBA ‡ DANIEL Ⓢ 14:00 - 15:00	MUAY THAI FIT ‡ JAY Ⓢ 11:00 - 12:00	GUIDED MEDITATION ‡ PIERRE Ⓢ 14:00 - 14:45	HIIT BURST ‡ FITNESS COACH Ⓢ 15:15 - 15:45	RUN HILL REPEATS ‡ CLINTON Ⓢ 15:30 - 17:00		
LEISURE RIDE 25KM (AV.23-25 KM/HR) ‡ RICKY Ⓢ 16:00 - 17:00	LONG RUN 15-21KM (PACE 5:30-6:30) ‡ RICKY Ⓢ 16:00 - 18:00	HATHA YOGA ‡ DANIEL Ⓢ 13:30-14:25	TRIATHLON SWIM ‡ TRIATHLON COACH Ⓢ 15:00 - 16:00	POUND ‡ BEER Ⓢ 16:00 - 16:50	LEISURE RIDE 25KM (AV.23-25 KM/HR) ‡ LUCKY Ⓢ 16:00 - 17:00		
THE YARD BOOT CAMP ‡ SALLY Ⓢ 16:00 - 17:00	PILATES ‡ DANIEL Ⓢ 16:00 - 16:55	GUIDED MEDITATION ‡ PIERRE Ⓢ 14:00-14:45	ABS WORKOUT ‡ FITNESS COACH Ⓢ 15:15 - 15:45	LEISURE RIDE 25KM (AV.23-25 KM/HR) ‡ RICKY Ⓢ 16:00 - 17:00	YIN YOGA ‡ DANIEL Ⓢ 17:00 - 18:00		
SHORT RUN ON TRACK (PACE 5) ‡ MADHU Ⓢ 17:00 - 18:00	BOOT CAMP ‡ BEER Ⓢ 17:00 - 18:00	HIIT BURST ‡ FITNESS COACH Ⓢ 15:15 - 15:45	BIKE COMPUTRAINER FOR BEGINNER (MAXIMUM 7 PAX) ‡ MADHU Ⓢ 16:00 - 17:00	RECOVERY RUN 4-6KM ‡ GOLF Ⓢ 17:00 - 18:00	BOOT CAMP ‡ BEER Ⓢ 17:00 - 18:00		
CARDIO TENNIS ‡ TENNIS COACH Ⓢ 17:00 - 18:00	PILATES ‡ DANIEL Ⓢ 18:00 - 19:00	STRETCHING ‡ FITNESS COACH Ⓢ 16:00 - 16:30	SLAM BALL ‡ NAT Ⓢ 16:00 - 16:50	CARDIO TENNIS ‡ TENNIS COACH Ⓢ 17:00 - 18:00			
CORE ‡ STEFAN Ⓢ 17:00 - 18:00		EXTREME CHALLENGE ‡ SPORT ACTIVITY TEAM Ⓢ 16:00 - 16:50	CIRCUIT TRAINING ‡ GOLF Ⓢ 17:00 - 18:00	SOCIAL NIGHT BEACH VOLLEYBALL Ⓢ 18:00 - 19:00			
SAND SWEAT ‡ NAT Ⓢ 17:30 - 18:15	#WEOPTIMISEYOURLIFE 	CIRCUIT CAMP ‡ BEER Ⓢ 17:00 - 18:00	YIN YOGA ‡ MAM Ⓢ 17:00 - 18:00				
SOCIAL NIGHT BEACH VOLLEYBALL Ⓢ 18:20 - 19:20		RUN INTERVAL TRACK SESSION (8-12KM) ‡ GOLF Ⓢ 17:00 - 18:00	SPINNING ‡ BEER Ⓢ 17:00 - 18:00				
		TENNIS SOCIAL CLUB PLAY ‡ TENNIS COACH Ⓢ 18:00 - 19:00	PILATES ‡ DANIEL Ⓢ 18:00 - 19:00				
		SOCIAL NIGHT BEACH VOLLEYBALL Ⓢ 18:00 - 19:00					

STUDIO LEGENDS

- FITNESS YARD
- FITNESS STUDIO 1
- FITNESS STUDIO 2
- MUAY THAI STADIUM
- BEACH VOLLEYBALL COURT
- SPINNING ROOM
- BIRD CAGE
- SWIMMING POOL
- HOTEL SWIMMING POOL
- BANGTAO BEACH
- RUNNING TRACK
- RUNNING TRACK & OUTSIDE ROUTING
- RUNNING TRACK & SWIMMING POOL
- OUTSIDE ROUTING
- COMPUTRAINER ROOM
- TERMINATOR
- TRIATHLON
- WELLNESS STUDIO 1
- WELLNESS STUDIO 2
- CARDIO ZONE
- POWER ZONE
- TENNIS COURT
- PROJECT X-TREME

WELLNESS GROUP CLASS

FITNESS GROUP CLASS

SPORTS GROUP CLASS

FREE FOR ALL GUESTS

GROUP CLASS TIMETABLE

USE THIS GUIDE TO DECIDE WHICH CLASSES SUIT YOU BEST



THANYAPURA
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.

ABS AND STRETCHING:

A fantastic class to strengthen your core muscles, improve your level of flexibility and your posture. The first 30 minutes of the workout focus on cutting edge ab and lower back exercises. The other 30 minutes are spent stretching, which helps to increase your range of motion and mobility, reducing the risk of injury.

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.

STRETCHING:

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 be able to perform at your best during exercising.

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.

SAND SWEAT:

Taking your workouts to the sand is a great way to challenge your stability, agility, mental toughness, and overall fitness level. Sand provides a unique "unstable" surface that is easy on the joints but very effective in working the muscles of the feet, calves, thighs, hamstrings, glutes and core. It will also challenge your aerobic and anaerobic systems, so you'll not only work on that cardiovascular endurance, but you'll build strength and torch some calories at the same time.

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.

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 OR 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.

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.

ABS TABATA:

This workout will test your strength and push you to become stronger! Apply the proven Tabata interval formula to multifunctional weight training exercises (20 seconds hard work 10 seconds rest) for an abdominal and core musculature, more challenging by adding some technique on such as active rest.