

APRIL GROUP CLASSES

Day	07:30 - 09:00	08:00 - 09:00	08:30 - 09:30	08:30 - 10:00	09:45 - 10:45	11:00 - 12:00	16:00 - 17:00	17:00 - 18:00	17:00 - 18:00				
MON	08:00 - 09:00 TRI SWIMMING COACH : MADHU 25M POOL	08:30 - 09:30 YIN YOGA COACH : SAMIK WELLNESS STUDIO 2	08:30 - 10:00 TENNIS ADULT CLINIC (REC TO INT) TENNIS COACH COURT 1, 2, 3, 4 FEES APPLY	09:45 - 10:45 CORE CARDIO COACH : JAY FITNESS CORNER	11:00 - 12:00 STRETCHING YOGA COACH : SAMIK FITNESS STUDIO 1	16:00 - 17:00 CORE YOGA COACH : SAMIK WELLNESS STUDIO 2	17:00 - 18:00 AERO BOXING COACH : BOY FITNESS YARD	17:00 - 18:00 TENNIS CARDIO (ALL LEVELS) TENNIS COACH COURT 1					
TUE	07:30 - 10:00 BRICK, BIKE 40/50KM & RUN 3/5KM AT 5K LOOP TRI COACH CLUB SERVICE	07:30 - 08:15 DRYLAND MASTER COACH : JACK X - TREME BOX FEES APPLY	08:30 - 09:30 POWER FLOW PILATES COACH : MAM WELLNESS STUDIO 1	08:30 - 09:30 FUNCTIONAL MOVEMENT COACH : STEFAN FITNESS YARD	08:30 - 10:00 MASTER SWIM COACH : JACK SWIMMING POOL FEES APPLY	08:30 - 10:00 TENNIS ADULT CLINIC (REC TO INT) TENNIS COACH COURT 1, 2, 3, 4 FEES APPLY	10:00 - 11:00 ZUMBA COACH : OH FITNESS STUDIO 2	11:00 - 12:00 MUAY THAI COACH : OAD MUAY THAI STADIUM	16:00 - 17:00 TRADITIONAL HATHA YOGA COACH : JAY WELLNESS STUDIO 2	17:00 - 18:00 STRENGTH HIIT COACH : A X - TREME BOX	17:30 - 18:30 RUN CLUB TRIATHLON COACH RUNNING TRACK	17:00 - 18:00 TENNIS DRILLS (REC TO INT) TENNIS COACH COURT 1 FEES APPLY	18:00 - 20:00 TENNIS PERFORMANCE (ADV ONLY) TENNIS COACH COURT 1, 2 FEES APPLY
WED	07:30 - 09:00 TRACK INTERVAL COACH : FHAT RUNNING TRACK	08:00 - 09:00 MASTER SWIM AQUATIC COACH SWIMMING POOL	08:30 - 09:30 HIPS LOWER BACK PILATES COACH : MAM WELLNESS STUDIO 2	08:30 - 10:00 TENNIS ADULT CLINIC (REC TO INT) TENNIS COACH COURT 1, 2, 3, 4 FEES APPLY	08:30 - 09:30 ZUMBA COACH : JANE FITNESS STUDIO 2	09:30 - 10:30 WOMEN'S STRETCHING CLASS COACH : ANASTASIA FITNESS STUDIO 1	09:45 - 10:45 SPINNING COACH : A SPINNING STUDIO	10:00 - 11:00 TENNIS START UP (BEGINNER) TENNIS COACH COURT 2 FEES APPLY	17:00 - 18:00 TRX & WEIGHT TRAINING COACH : JAY X - TREME BOX				
THU	07:30 - 10:00 BIKE TIME TRIAL 30/50KM TRI COACH CLUB SERVICE	07:30 - 08:15 DRYLAND MASTER COACH : JACK X - TREME BOX FEES APPLY	08:30 - 09:30 POWER YOGA (EXPERIENCED ONLY) COACH : SAMIK WELLNESS STUDIO 2	08:30 - 10:00 MASTER SWIM COACH : JACK SWIMMING POOL FEES APPLY	08:30 - 10:00 TENNIS ADULT CLINIC (REC TO INT) TENNIS COACH COURT 1, 2, 3, 4 FEES APPLY	08:30 - 09:30 FUNCTIONAL MOVEMENT COACH : STEFAN FITNESS YARD	10:00 - 11:00 TENNIS START UP (BEGINNER) TENNIS COACH COURT 2 FEES APPLY	10:00 - 11:00 STRETCHING YOGA COACH : SAMIK FITNESS STUDIO 1	11:00 - 12:00 MUAY THAI COACH : OAD MUAY THAI STADIUM	16:00 - 17:00 FLOW YOGA COACH : SAMIK WELLNESS STUDIO 2	16:00 - 17:00 RECOVERY RUN & DRILL COACH : MADHU RUNNING TRACK	17:00 - 18:00 SPINNING COACH : A SPINNING STUDIO	
FRI	07:00 - 08:00 SUNRISE YOGA (LAST FRIDAY MONTHLY) COACH : SAMIK FITNESS LAWN	08:00 - 09:00 TRI SWIMMING COACH : MADHU 50M POOL	08:30 - 09:30 FLOW YOGA COACH : SAMIK WELLNESS STUDIO 2	08:30 - 09:30 AERIAL YOGA COACH : TEA WELLNESS STUDIO 1	08:30 - 10:00 TENNIS MATCH PLAY (REC TO INT) TENNIS COACH COURT 1, 2, 3, 4 FEES APPLY	09:30 - 11:00 RECOVERY RIDE 20/40 KM COACH : FHAT CLUB SERVICE	09:45 - 10:45 BLOCK YOGA COACH : SAMIK WELLNESS STUDIO 2	09:45 - 10:45 SPINNING COACH : A SPINNING STUDIO	16:00 - 17:00 YOGA BURN COACH : SAMIK WELLNESS STUDIO 2	17:00 - 18:00 STRENGTH HIIT COACH : A X - TREME BOX	17:00 - 18:00 TENNIS CARDIO (ALL LEVELS) TENNIS COACH COURT 1	17:30 - 18:30 RUN CLUB TRIATHLON COACH RUNNING TRACK	
SAT	07:30 - 12:00 LONG BIKE RIDE 110 KM (ADV & EXP) TRI COACH CLUB SERVICE	08:15 - 09:15 ANANDA YOGA COACH : SAMIK WELLNESS STUDIO 2	09:00 - 10:00 TENNIS START UP (BEGINNER) TENNIS COACH COURT 2 FEES APPLY	10:00 - 11:00 ZUMBA COACH : OH FITNESS STUDIO 2	11:00 - 12:00 ACTIVE STRETCHING COACH : SAMIK FITNESS STUDIO 1	13:30 - 14:30 TENNIS DRILL (REC TO INT) TENNIS COACH COURT 1 FEES APPLY	15:00 - 16:00 BASIC BIKE MAINTENANCE & REPAIR COACH : AROFHAT BIKE CENTER FEES APPLY	15:30 - 16:30 OPEN WATER SWIM (EXPERIENCED ONLY) COACH : JACK LAYAN BEACH FEES APPLY	16:00 - 17:00 SPINNING COACH : A SPINNING STUDIO	17:00 - 18:00 POWER YOGA (BEGINNER) COACH : SAMIK WELLNESS STUDIO 2			
SUN	08:00 - 09:00 OPEN WATER SWIM AT THE POOL COACH : MADHU 50M POOL	08:00 - 09:00 SWIMMING YOGA COACH : SAMIK HOTEL POOL	08:30 - 10:00 TENNIS SOCIAL MATCH PLAY (REC) TENNIS COACH COURT 1, 2, 3, 4	09:30 - 10:30 TRADITIONAL HATHA YOGA COACH : JAY FITNESS STUDIO 1	10:00 - 11:30 TENNIS SOCIAL MATCH PLAY (INT TO ADV) TENNIS COACH COURT 1, 2, 3, 4	11:00 - 12:00 POWER YOGA (NOT FOR BEGINNER) COACH : SAMIK WELLNESS STUDIO 2	16:00 - 17:00 BOOT CAMP COACH : JAY X - TREME BOX	17:00 - 18:00 TRADITIONAL MEDITATION COACH : SAMIK WELLNESS STUDIO 2					

AQUATICS **TRIATHLON**
FITNESS **TENNIS**

FOR THE MOST CURRENT INFO



TERMS

- NOT ALLOWED FOR THOSE UNDER 15 YEARS OLD
- ADVANCE RESERVATION IS REQUIRED