NOVEMBER GROUP CLASSES

MON

- 08:00 - 09:00 | TRI SWIMMING | COACH : MADHU | 25M POOL
- 08:30 - 09:30 | SRI SRI YOGA | COACH : SERGEI | WELLNESS STUDIO 2
- 08:30 - 09:30 | ZUMBA | COACH : OH | FITNESS STUDIO 2
- 08:30 - 10:00 | TENNIS ADULT CLINIC (NTRP LV. 2.5-5.0) | FEES APPLY | TENNIS COACH | COURT 1, 2, 3, 4
- 09:45 - 10:45 | CORE CARDIO | COACH : JAY | FITNESS CORNER
- 11:00 - 12:00 | STRETCHING YOGA | COACH : SERGEI | FITNESS STUDIO 1
- 17:00 - 18:00 | AERO BOXING | COACH : BOY | FITNESS STUDIO 2
- 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
- 08:30 - 09:30 | FUNCTIONAL MOVEMENT | COACH : STEFAN | FITNESS YARD
- 08:30 - 10:00 | TENNIS ADULT CLINIC (NTRP LV. 2.5-5.0) | FEES APPLY | TENNIS COACH | COURT 1, 2, 3, 4
- 09:00 - 10:30 | MASTER SWIM | FEES APPLY | COACH : JACK | SWIMMING POOL
- 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
- 17:00 - 18:00 | TENNIS DRILL (NTRP LV. 1.5-4.0) | FEES APPLY | TENNIS COACH | COURT 1
- 18:00 - 20:00 | TENNIS PERFORMANCE (ADV ONLY) | FEES APPLY | TENNIS COACH | COURT 1, 2

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 | MAT PILATES FOR INTERMEDIATE | COACH : EARN | WELLNESS STUDIO 2
- 08:30 - 09:30 | ZUMBA | COACH : JAN | FITNESS STUDIO 2
- 08:30 - 10:00 | TENNIS ADULT CLINIC (NTRP LV. 2.5-5.0) | FEES APPLY | TENNIS COACH | COURT 1, 2, 3, 4
- 09:30 - 10:30 | FLEXIBILITY IN MOTION | FEES APPLY | COACH : ANASTASIA | FITNESS STUDIO 1
- 09:45 - 10:45 | SPINNING | COACH : A | SPINNING STUDIO
- 10:00 - 11:00 | TENNIS START UP (NTRP LV. 1.0-2.0) | FEES APPLY | TENNIS COACH | COURT 2
- 17:00 - 18:00 | TRX & WEIGHT TRAINING | COACH : JAY | X - TREME BOX
- 17:00 - 18:00 | RUN CLUB INTERVAL TRAINING | COACH : FHAT | RUNNING TRACK
- 18:00 - 19:00 | FOOTBALL MATCH PLAY (REC) | FOOTBALL PITCH

THU

- 07:30 - 10:00 | BIKE TIME TRIAL 30/50KM | TRI COACH | CLUB SERVICE
- 08:30 - 09:30 | FUNCTIONAL MOVEMENT | COACH : STEFAN | FITNESS YARD
- 08:30 - 09:30 | BODY BLAST | COACH: A | X-TREME BOX
- 08:30 - 10:00 | TENNIS ADULT (NTRP LV. 2.5-5.0) | FEES APPLY | TENNIS COACH | COURT 1, 2, 3, 4
- 09:00 - 10:30 | MASTER SWIM | FEES APPLY | COACH : JACK | SWIMMING POOL
- 10:00 - 11:00 | TENNIS START UP (NTRP LV. 1.0-2.0) | FEES APPLY | TENNIS COACH | COURT 2
- 10:00 - 11:00 | STRETCHING YOGA | COACH : SERGEI | FITNESS STUDIO 1
- 16:00 - 17:00 | RECOVERY RUN & DRILL | COACH : MADHU | RUNNING TRACK
- 16:00 - 17:00 | POWER YOGA (BEGINNER) | COACH : SERGEI | WELLNESS STUDIO 2
- 17:00 - 18:00 | SPINNING | COACH : A | SPINNING STUDIO

FRI

- 07:00 - 08:00 | SUNRISE YOGA (ONLY ON 27 NOV) | COACH : SERGEI | FITNESS LAWN
- 07:00 - 08:00 | RUN CLUB | TRIATHLON COACH | RUNNING TRACK
- 08:00 - 09:00 | TRI SWIMMING | COACH : MADHU | 50M POOL
- 08:30 - 09:30 | VINYASA YOGA | COACH : TEA | WELLNESS STUDIO 2
- 08:30 - 10:00 | TENNIS MATCH PLAY (NTRP LV. 2.5-5.0) | FEES APPLY | TENNIS COACH | COURT 1, 2, 3, 4
- 09:45 - 10:45 | SPINNING | COACH : A | SPINNING STUDIO
- 09:30 - 11:00 | RECOVERY RIDE 20/40 KM | COACH : FHAT | CLUB SERVICE
- 11:00 - 12:00 | MUAY THAI | COACH : OAD | MUAY THAI STADIUM
- 16:00 - 17:00 | CORE YOGA | COACH : SERGEI | 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

SAT

- 07:30 - 12:00 | LONG BIKE RIDE 110 KM (ADV & EXP) | TRI COACH | CLUB SERVICE
- 09:00 - 10:00 | TENNIS START UP (NTRP LV. 1.0-2.0) | FEES APPLY | TENNIS COACH | COURT 2
- 09:00 - 10:00 | AEROBIC | COACH : JANE | FITNESS YARD
- 10:30 - 11:30 | STRETCHING YOGA | COACH : SERGEI | FITNESS STUDIO 1
- 13.30 - 14.30 | TENNIS DRILL (NTRP LV. 1.5-4.0) | FEES APPLY | TENNIS COACH | COURT 1
- 15:00 - 16:00 | BASIC BIKE MAINTENANCE & REPAIR | FEES APPLY | COACH : AROFHAT | BIKE CENTER
- 15:30 - 16:30 | OPEN WATER SWIM | FEES APPLY | COACH : JACK | LAYAN BEACH
- 16:00 - 17:00 | SPINNING | COACH : A | SPINNING STUDIO

SUN

- 08:00 - 09:00 | OPEN WATER SWIM AT THE POOL | COACH : MADHU | 50M POOL
- 08:00-09:30 | TRI SERIES (ONLY ON 29 NOV) | COACH : MADHU | 50M POOL
- 08:30 - 10:00 | TENNIS SOCIAL MATCH PLAY (NTRP LV. 2.5-3.0) | TENNIS COACH | COURT 1, 2, 3, 4
- 09:30 - 10:30 | TRADITIONAL HATHA YOGA | COACH : JAY | WELLNESS STUDIO 2
- 10:00 - 11:30 | TENNIS SOCIAL MATCH PLAY (NTRP LV. 3.5-5.0) | TENNIS COACH | COURT 1, 2, 3, 4
- 16:00 - 17:00 | BOOT CAMP | COACH : JAY | X - TREME BOX
- 17:00 - 18:00 | MAT PILATES FOR INTERMEDIATE | COACH : EARN | WELLNESS STUDIO 2

AQUATICS | TRIATHLON | FITNESS | TENNIS | OTHER

FOR THE MOST CURRENT INFO

WhatsApp | Contact us | Group Class

TERMS

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