



# FITZ CLUB CLASS SCHEDULE 2023

Day Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 AM - 11:00 AM	Pilates		Yoga		Stretching	HIIT	Core & Abs
5:00 PM - 6:00 PM		Stretching		Stretching	Yoga	Pilates	Fitz Pump

\*Class schedules and teachers may change without prior notice.

## CLASS DESCRIPTION

<b>HIIT</b>	A form of interval training - a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods
<b>FITZ PUMP</b>	Fitz Pump will tone and strengthen your entire body using a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce the lean body muscle.
<b>PILATES</b>	A unique system of stretching and strength training which improves the posture, provides flexibility, and strengthens the overall streamline shape of the body
<b>CORE &amp; ABS</b>	Builds up the core strength with abdominal workouts to achieve good body shape and great posture
<b>YOGA</b>	This is an introductory class that flows at a perfect pace for those who are just beginning to practice yoga. Strengthen the mind/body connection by linking your breathing with a series of dynamic postures that will improve your flexibility and strength.
<b>STRETCHING</b>	The instructor will introduce you a new way to enhance your overall performance and provide a deeper understanding of your muscles and how they are involved in different key stretches. The exercise will involve stretching and mobility-based sessions. The benefits are injury prevention, better muscle coordination, improved posture, enhance sports performance and increased the range of motion.

1. Class Reservation: Reservations must be made one day in advance.
2. Cancellation of Classes: Classes will automatically be cancelled if there are less than 3 participants or if no one shows up for the class after 15 minutes.
3. For Thai Boxing and Mix Martial Art classes please contact the Fitz Club reception team.

## PERSONAL TRAINING PROGRAM

Training	Training Cost
Private Session	THB 1,100 Per Session
Thai boxing (beginner)	THB 1,100 per session

Remark: Please book a session at least 24 hours in advance.