



FITZ CLUB CLASS SCHEDULE 2024

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

*Class schedules and teachers may change without prior notice.

CLASS DESCRIPTION

HIIT	A form of interval training - a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods
PILATES	A unique system of stretching and strength training which improves the posture, provides flexibility, and strengthens the overall streamline shape of the body
CORE & ABS	Builds up the core strength with abdominal workouts to achieve good body shape and great posture
YOGA	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.
STRETCHING	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.
FITZ BALL	This class will assist you in core strength, stability, flexibility and control by using the ball. This is a good way to challenges and toning the muscles while improving energy level and your balance.

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.