

TEAM TRAINING

CALENDAR

JANUARY 2025

HOMA
CHERNGTALAY
PHUKET

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
7:30	CROSS SUPER CIRCUIT 45 MINS		CROSS SUPER CIRCUIT 45 MINS	MYOFASCIAL RELEASE 30 MINS	CROSS SUPER CIRCUIT 45 MINS	MYOFASCIAL RELEASE 30 MINS	CROSS SUPER CIRCUIT 45 MINS
8:15	ABS AND CORE 30 MINS	MOVEMENT TRAINING 45 MINS	ABS AND CORE 30 MINS	MOVEMENT TRAINING 45 MINS	ABS AND CORE 30 MINS	MOVEMENT TRAINING 45 MINS	ABS AND CORE 30 MINS
9:00		BASIC MUAYTHAI 60 MINS		INTERMEDIATE MUAYTHAI 60 MINS			BOXERFIT 45 MINS
11:00	ZUMBA 60 MINS						
12:00			CROSS SUPER CIRCUIT 45 MINS		CROSS SUPER CIRCUIT 60 MINS	CROSS SUPER CIRCUIT 45 MINS	
16:00	PICKLE BALL INTRO SOCIAL 60 MINS				PICKLE BALL INTRO 60 MINS	INTERMEDIATE MUAYTHAI 60 MINS	
17:30	POSTURE CORRECTIONS 30 MINS	GLUTES AND ACTIVATIONS 30 MINS	POSTURE CORRECTIONS 30 MINS	GLUTES AND ACTIVATIONS 30 MINS		CROSS SUPER CIRCUIT 45 MINS	
18:00	HYBRID TRAINING 45 MINS	CROSS SUPER CIRCUIT 45 MINS	HYBRID TRAINING 45 MINS	CROSS SUPER CIRCUIT 45 MINS			
18:45		ABS AND CORE 30 MINS		ABS AND CORE 30 MINS			
20.30 - 22.00			FOOTBALL CLUB				

HOMA Football Club: THB 150 / Person

Beginner

Intermediate

Advance

All classes are free of charge to HOMA Guests & Members



SCAN TO BOOK

