

# TEAM TRAINING

## CALENDAR

### APRIL 2025

**HOMA**  
CHERNGTALAY  
PHUKET

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
7:30	CROSS SUPER CIRCUIT 45 MINS		HYBRID TRAINING 45 MINS	MYOFASCIAL RELEASE 30 MINS	CROSS SUPER CIRCUIT 45 MINS	MYOFASCIAL RELEASE 30 MINS	
8:15		MOVEMENT TRAINING 45 MINS	SWIMMING MUST BE ABLE TO SWIM 100M IN UNDER 2 MINS 60 MINS	MOVEMENT TRAINING 45 MINS	ABS AND CORE 30 MINS	MOVEMENT TRAINING 45 MINS	BOXERFIT 45 MINS
9:00		BASIC MUAYTHAI 60 MINS		INTERMEDIATE MUAYTHAI 60 MINS			
11:00	ZUMBA 60 MINS						
12:00					CROSS SUPER CIRCUIT 60 MINS		
16:00	PICKLE BALL INTRO SOCIAL 60 MINS				PICKLE BALL INTRO 60 MINS	INTERMEDIATE MUAYTHAI 60 MINS	
17:30	POSTURE CORRECTION 30 MINS	MYOFASCIAL RELEASE 30 MINS	MOVEMENT TRAINING 45 MINS	GLUTES AND ACTIVATIONS 30 MINS		CROSS SUPER CIRCUIT 45 MINS	
18:00	HYBRID TRAINING 90 MINS	CROSS SUPER CIRCUIT 45 MINS		CROSS SUPER CIRCUIT 45 MINS			
18:45				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

