


FITNESS

CALENDAR APRIL 2025

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
9:00 - 10:00	FOAM ROLLER & BODY STRETCH 		BODY STRETCH 	ZUMBA FITNESS 	MOBILITY & FLEXIBILITY 	CIRCUIT TRAINING 	MOBILITY & FLEXIBILITY 
11:00 - 12:00	AB & CORE WORKOUT 	FULL BODY WORKOUT 	BODY TONING WORKOUT 	CIRCUIT TRAINING 	AB & GLUTES BALANCED WORKOUT 	LADY MUAYTHAI 	MUAYTHAI 
15:00 - 16:00				WEIGHT TRAINING 			
15:30 - 16:30	MOVEMENT TRAINING 	BASIC MUAYTHAI Private Group 	TABATA WORKOUT 		BASIC MUAYTHAI Private Group 	WEIGHT TRAINING 	INTERVAL WORKOUT 
16:00 - 17:00				SOULFUL HOMA HATHA YOGA			
20:00 - 21:30			FOOTBALL CLUB				

Please note that an advanced reservation is required at the front desk for all classes

All classes are free of charge to HOMA Guests & Members

 HATHA YOGA: THB 300 / person

HOMA Football Club: THB 150 / person

 BASIC MUAY THAI Private Group: THB 400 / person

