



PHOKEETHRA  
SPORTS CLUB

PHOKEETHRA SPORTS CLUB EXERCISE CLASS SCHEDULE

TIME & DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45AM - 6.45AM		Taichi	Morning Jogging			Morning Jogging	
8.30AM - 9.30AM		Yogalates			Yogalates		
9.30AM - 10.30AM						Body Flow	Children's Kickboxing Class
10.00AM - 11.00AM	Aerobics Step Delight	Aerobics Step Delight	Power Yoga	Aerobics Low & High Impact			
2.30PM - 3.30PM	Body Flow	Power Yoga	Body Combat		Kickboxing	Children's Tae-Kwan Do Class	Self-Defense Class
5.30PM - 6.30PM	Kickboxing		Power Yoga				

MORNING JOGGING		The most popular form of exercise and a great way to start your day. Enjoy fresh clean air while increasing your productivity and burning calories faster.	AEROBICS LOW & HIGH IMPACT		A unique blend of low and high impact dancing and stretching exercises to build flexibility and core muscle strength. This will make you feel rejuvenated and fizzing with energy! The ultimate way to give your body a high energy cardio-blast while toning your hips & thighs.
BODY FLOW		An athletic fitness-to-music program that leaves you feeling relaxed and renewed. It combines the diciplines of Yoga, Thai Chi, and Pilates.	AEROBICS STEP DELIGHT		We have taken the dance out and put the muscle back into step. Aerobics Step Delight is a simple and athletic workout with high intensity intervals followed by muscle conditioning tracks shaping and toning the entire lower body while burning fat. This is a great cardio workout that will get you back on your step and right into shape!
SELF-DEFENSE CLASS		No martial protocol, no uniforms, no bowing. Learn to protect yourself from dangerous people by using defense mechanism from a series of martial arts. This class is for beginners and will enhance strength, focus, and a great cardio work-out.	YOGALATES (CORE & ABS)		Yogalates uses core strengthening concepts from Pilates mat work combined with movements inspired from Hatha Yoga. This will enhance balance, breathing, posture and overall stamina. A great Pilates challenge with a touch of yoga.
CHILDREN'S TAE-KWAN DO CLASS		children's will learn how to nutralise and disable opponents with minimal force, precise movements designed to improve body balance, positioning and to deal with a variety of situations using blocks, kicks, punches, and open handed strikes and may also include take-downs, sweeps, throws and joint locks. This is a fun and exciting class where children can enjoy while their parents are getting Fit!	POWER YOGA		With Yoga beats, this class is for beginners. Find your inner-outer equilibrium while incorporating skills such as balance, coordination, relaxation and breathing.
KICKBOXING		A martial art and sport of attack and defense, in which competitors wear boxing gloves and throw punches as in boxing and kicking with bare feet. A high energy work-out which enhances strength, muscle conditioning and a fierce energetic experience.	BODY COMBAT		Body combat combines the moves and stances developed from a range of self-defense disciplines such as karate, boxing, tai-chi, and kick-boxing. It's a fierce and energetic experience taught in a safe and simplistic manner. Designed to fight fats and kick calories, it is a great cardiovascular workout.
TAI CHI		Looking for a better way of reducing stress and anxiety? Taichi is a exercise form of meditation-in-motion that involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. A great self-paced system of gentle physical exercise and stretching.	CHILDREN'S KICKBOXING CLASS		A martial art and sport of attack and defense for children's. This class will use the same techniques as adults but will be more fun and exciting. They will learn to punch, kick and box in groups.

\*Free for Hotel Guests and Phokeethra Sports Club Members  
\$10 / Session for outside guests / non-members  
\*Please arrive 15 mins early before class.  
\*Fitness classes can subject to change without prior notice.