



# FITNESS SCHEDULE

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TIGER STRENGTH AND CONDITIONING CLASSES						
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM - 7:30 AM	YOGA <i>All Levels</i>	YOGA <i>All Levels</i>	YOGA <i>All Levels</i>	YOGA <i>All Levels</i>	YOGA <i>All Levels</i>	YOGA <i>All Levels</i>
7:30 AM - 9:00 AM	<b>AMBUSH 360</b> BodyFit Total Bodyweight <i>All Levels</i>	<b>BIG BUDDHA RUN (OUTDOOR)</b> Meeting Point: FRONT OFFICE <b>AMBUSH 360</b> BodyFit Tabata Tuesday <i>All Levels</i>	<b>AMBUSH 360</b> BodyFit Circuit Day <i>All Levels</i>	<b>OUTDOOR BOOTCAMP</b> Beach or Stairs Work Meet at Front Office <i>at 7:15AM</i>	<b>AMBUSH 360</b> BodyFit Team/Partner Day <i>All Levels</i>	
8:00 AM - 9:00 AM					Saturday Wild Card is a Class Surprise IGuest Coach day and for <i>All Levels</i>	<b>WILD CAT</b>
09:30 AM-10:30 AM	<b>BATTLE CAT</b> Combat Conditioning Power Day <i>Advance Level</i>	<b>BATTLE CAT</b> Combat Conditioning Strength Endurance <i>Advance Level</i>	<b>BATTLE CAT</b> Combat Conditioning Active Recovery <i>Advance Level</i>	<b>BATTLE CAT</b> Combat Conditioning Circuit Training <i>Advance Level</i>	<b>BATTLE CAT</b> Combat Conditioning Sprint/Power <i>Advance Level</i>	<b>IMPORTANT REMINDERS</b>  1. <b>PLEASE BE ON TIME</b> At least 10 minutes before class and no more than 5 minutes late. It is important not to miss the class warm-up for safety reasons  2. <b>AGE REQUIREMENT</b> At least 16 years of age  3. <b>OUTDOOR CLASSES</b> Please sign up a day before due to class preparation and transport reservation.
11:00 AM - 11:30 AM	<b>HARDCORE</b> Partner work IStabilization <i>All Levels</i>	<b>THE GRIND</b> <i>Intermediate &amp; Advance Level</i>	<b>HARDCORE</b> Endurance <i>All Levels</i>	<b>THE GRIND</b> <i>Intermediate &amp; Advance Level</i>	<b>HARDCORE</b> Power <i>All Levels</i>	
11:30-12:30PM		<b>PREDATOR YOGA</b> Yoga for athletes <i>Intermediate-Advance Level</i>	<b>ANIMA MOBILITY</b> 11:30-12PM : Lower Body 12PM-12:30PM : Upper Body <i>All Levels</i>	<b>PREDATOR YOGA</b> Yoga for athletes <i>Intermediate-Advance</i>		
1:00PM-2:00PM	<b>BEAST</b> Strength & Conditioning DeadLift <i>All Levels</i>	<b>BEAST</b> Strength & Conditioning Press <i>All Levels</i>	<b>BEAST</b> Strength & Conditioning Cardio Day <i>All Levels</i>	<b>BEAST</b> Strength & Conditioning Lower Body Focus <i>All Levels</i>	<b>BEAST</b> Strength & Conditioning Upper Body Focus <i>All Levels</i>	
2:30PM-3:30PM	<b>AMBUSH 360</b> BodyFit Fitness Test <i>All Levels</i>	<b>AMBUSH 360</b> BodyFit <b>TUFF TUESDAY LADDER</b> <i>All Levels</i>	<b>AMBUSH 360</b> BodyFit Kettlebell Crush <i>All Levels</i>	<b>AMBUSH 360</b> BodyFit Tabata Thursday <i>All Levels</i>	<b>AMBUSH 360</b> BodyFit Total Bodyweight <i>All Levels</i>	
7:30PM-8:00PM	<b>NIGHT YOGA</b> <i>All Levels</i>	<b>NIGHT YOGA</b> <i>All Levels</i>	<b>NIGHT YOGA</b> <i>All Levels</i>	<b>NIGHT YOGA</b> <i>All Levels</i>	<b>NIGHT YOGA</b> <i>All Levels</i>	

CROSSFIT CLASSES						
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM -9:30 AM	<b>CROSSFIT</b> <i>Upper Body / All Levels</i>	<b>CROSSFIT</b> <i>Strongman / All Levels</i>	<b>CROSSFIT</b> <i>Deadlift / All Levels</i>	<b>CROSSFIT</b> <i>Oly Lift/ All Levels</i>	<b>CROSSFIT</b> <i>Squats / All Levels</i>	
9:30 AM -10:30 AM						<b>CROSSFIT</b> <i>HERO WOD/ All Levels</i>
6:00PM-7:00PM	<b>CROSSFIT</b> <i>Upper Body / All Levels</i>	<b>CROSSFIT</b> <i>Strongman / All Levels</i>	<b>CROSSFIT</b> <i>Deadlift / All Levels</i>	<b>CROSSFIT</b> <i>Oly Lift/ All Levels</i>	<b>CROSSFIT</b> <i>Squats / All Levels</i>	
<b>NOTICE:</b>	<b>10:00AM-12:00PM / OPEN GYM HOURS AT CROSSFIT AREA ONLY</b>					
<b>WEIGHT ROOM HOURS</b>	Monday -Friday / 8:00AM-7:00PM			Saturday 7:00AM-7:00PM / BBQ SATURDAY : 8:00AM-1:00PM / SUNDAY : CLOSED		
<b>OFFICE HOURS</b>	Monday -Friday / 7:00AM-8:00PM			Saturday 7:00AM-7:00PM / SUNDAY 11:00AM-5:00PM		