

## Fit-Lab Phuket Schedule

This is the most up-to date version of Fit-Lab, Phuket, Thailand schedule, class's change on a fortnightly basis depending on the time of year.

Some things to consider If your planning to join a class or attend a personal session with our trainers( Fit-Lab Standard [Term & Conditions](#) apply).

- Spaces may be limited so early booking is advised.
- Please arrive 15 min before class or for your personal training session session.
- Please wear appropriate sports / clothing suitable for your workout.
- Individual Payments for class will be collected at the beginning of each session please try and have the correct amount available to avoid problems with change.
- Clients who arrive more than 15 mins late may not be permitted to join class due to no warm up and disruption for other clients.
- Personal Training Clients who arrive more than 15 mins late may not be able to train due to next client arrivals.

■ Yoga
 ■ Group Classes
 ■ Personal Training

	8am - 9am	9am - 10am	10am - 11am	11am - 12 noon	12 noon - 1pm	1pm - 2pm	2pm - 3pm	3pm - 4pm	4pm - 5pm	6pm - 7pm
Monday	Personal Training	YOGA Class	Personal Training	Personal Training		YOGA Class				
Tuesday	Personal Training	Circuit Training Group Class	Personal Training	Personal Training		Personal Training		Female Boxing Group Class		YOGA @ wellness House
Wednesday	Personal Training	Aerobics Group Class	Personal Training	Personal Training		YOGA Class		TRX / Zumba Group Class		
Thursday	YOGA Class	Aqua Group Class	Personal Training	Personal Training		Personal Training			Group Class	
Friday	Personal Training	Female Boxing Group Class	Personal Training	Personal Training		YOGA Class		TRX / Zumba Group Class		YOGA @ wellness House
Saturday										
Sunday										

[Terms & Conditions](#)

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