

FUNCTIONAL FITNESS, YOGA & MOBILITY SCHEDULE

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
7:30	<i>ashtanga</i> YOGA	MORNING MOBILITY	<i>mat</i> PILATES	MORNING MOBILITY	<i>ashtanga</i> YOGA	MORNING MOBILITY	
8:00	FOUNDATIONAL STRENGTH	FLEX TOTAL BODY TONING	FOUNDATIONAL STRENGTH	FLEX TOTAL BODY TONING	FOUNDATIONAL STRENGTH		
9:00	X-TRAIN STRENGTH & CONDITIONING	X-TRAIN STRENGTH & CONDITIONING <i>COACH'S WOD</i>	X-TRAIN STRENGTH & CONDITIONING	X-TRAIN STRENGTH & CONDITIONING <i>COACH'S WOD</i>	X-TRAIN STRENGTH & CONDITIONING	X-TRAIN STRENGTH & CONDITIONING <i>TEAM WORKOUT</i>	FLEX SUNDAY SESSION
10:15	POWER YOGA	BIKRAM 60 STYLE HOT	POWER YOGA	BIKRAM 60 STYLE HOT	POWER YOGA	<i>Vinyasa</i> YOGA	BIKRAM 90 STYLE HOT
11:30		<i>Zumba</i>			<i>Zumba</i>		
16:00	BODY SCULPT FULL BODY CIRCUIT		BODY SCULPT GLUTES & CORE	MOBILITY <i>FUNDAMENTALS</i>	BODY SCULPT FULL BODY CIRCUIT		
18:30	YIN YOGA <i>with</i> SINGING BOWLS	DEEP STRETCH & MEDITATION	STRETCH, ROLL & RECOVER	DEEP STRETCH & MEDITATION	RESTORATIVE YOGA & BREATHWORK		RESTORATIVE YOGA & BREATHWORK



SAIYUAN 10, RAWAI, PHUKET



OPENING HOURS:
7AM - 9PM MON - SUN

ACTION POINT

FITNESS, WEIGHTLOSS & WELLBEING RETREAT

— PHUKET, THAILAND —



2025-26 MEMBERSHIP RATES

GYM MEMBERSHIP

DAY PASS	300 THB
2 WEEKS	1900 THB
1 MONTH	2500 THB

GYM-ONLY SPECIAL

YEARLY	12,000 THB
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One-off cash payment. Non-refundable. Non-pausable.

Includes Full Gym access,
Cardio room, X-fit Gym & Rooftop Pool.

GYM, FITNESS & YOGA MEMBERSHIP

UNLIMITED CLASSES!

DAY PASS	300 THB
2 WEEKS	2200 THB
1 MONTH	3000 THB
3 MONTH	8000 THB (APPROX 2700 P/M)

SAVE

Includes Full Gym access,
Cardio room, X-fit Gym & Rooftop Pool.

PLUS

MORE THAN 35 FITNESS & YOGA
sessions per week!