



CLASS DESCRIPTION

VALID FROM 01 MARCH 2026 UNTIL FUTURE NOTICE



MARALEINA

SPORTS | KOH
RESORT | SAMUI

ALL CLASSES ARE COACHED AND SCALABLE TO SUIT ANY FITNESS LEVEL.

To reserve your spot and find out more about specific class types, instructors, etc., please visit: sportsbooking.maraleina.com



HYROX

HYROX PERFORMANCE SYSTEM AT MARALEINA SPORTS RESORT

Our HYROX program is built around a structured performance model — not random high-intensity workouts.

At Maraleina Sports Resort, we separate our HYROX program into 5 different class types - FORCE, SPEED, CAPACITY, FOUNDATIONS and THE SIM. Each class targets a specific performance quality required for success in HYROX: Strength, speed, aerobic capacity, and technical efficiency.

Together, they create a complete athlete.

We utilise our state of the art facility to create a unique Hyrox experience.

Whether you are preparing for competition or simply want to train with purpose, our system ensures you develop the right qualities at the right time.

1. HYROX – FORCE

BUILD STRENGTH SPECIFIC TO HYROX DEMANDS.

Heavier loads, shorter efforts, sled work and controlled station training. We will incorporate our extensive Keiser performance equipment for precise, joint-friendly resistance.

Develop the strength to perform under fatigue. All levels are welcome.

2. HYROX – SPEED

MOVE WITH INTENT AND EFFICIENCY.

Lighter loads, faster transitions and high-quality running to improve pace, power and race flow.

Train velocity and sharpen mechanics without unnecessary strain. All levels are welcome.

3. HYROX – CAPACITY

BUILD YOUR ENGINE.

Structured run-and-station intervals designed to improve aerobic fitness, muscular endurance and fatigue resistance across the full HYROX event. All levels are welcome.

4. HYROX – FOUNDATIONS

MASTER THE MOVEMENTS THAT MATTER.

These sessions build base fitness and movement efficiency. Refine sled mechanics, wall balls, rowing/ski efficiency and transitions to reduce wasted energy and improve performance. All levels are welcome.

5. HYROX – THE SIM

THIS IS YOUR OPPORTUNITY TO PUT IT ALL TOGETHER.

Each Sunday we will perform THE SIM - a running and station circuit designed to help refine race day strategies and overall confidence. These can be performed as singles, doubles or teams. Scalable to suit any level.



ATHLETIC CONDITIONING

Build your athletic foundation.

Athletic Conditioning is designed to develop the qualities that underpin all great performance — mobility, stability, movement efficiency, strength, and power. Rather than simply chasing fatigue, this class focuses on building a body that moves well, produces force efficiently, and stays resilient under load.

Whether you're an athlete looking to sharpen your edge, a runner aiming to stay injury-free, or someone who wants to train with purpose and structure, this class fills in the gaps that sport and traditional gym programs often overlook.

Scalable, coached, and focused on long-term progress. All levels are welcome.

Build the base. Perform with confidence.



STRENGTH

Our Strength class is the foundation of everything we do at Maraleina.

This session is designed to teach — not just train. We focus on mastering the fundamental movement patterns that underpin athletic development and long-term progress. Squat, hinge, push, pull, carry and brace — executed with precision, control and intent.

Rather than chasing fatigue or heavy numbers, we prioritise:

- Technical proficiency
- Positional awareness
- Controlled tempo
- Structural balance
- Long-term joint health

Each session breaks movements down into clear, coach-led progressions so members understand why they are doing something — not just how. We build strength from the ground up, reinforcing posture, breathing mechanics and force transfer. At maraleina, strength is not rushed. It is earned through precision. Master the basics. Build the base.



RUNNING CLUB

The Running class is designed to help you become a stronger, faster, and more confident runner—whether you're training for a race or simply looking to improve your cardio fitness. Each session blends technique-focused drills, interval training, endurance runs, and strength elements that support efficient, injury-resistant running.



BUTT & GUTS CLASS

Shape, strengthen, and sculpt with our Butt & Guts class—a targeted lower-body and core workout designed to fire up your glutes, tighten your abs, and build functional strength where it matters most. This class zeroes in on the muscles of your hips, legs, and midsection using a mix of resistance training, bodyweight exercises, dynamic movements, and intense burn-out finishers.

Expect squats, lunges, hip lifts, core circuits, bands, and slow, controlled movements that deliver maximum activation. Each session is programmed to improve muscle tone, enhance stability, and develop a stronger, more powerful base.

Whether you're looking to build strength, boost performance, or just feel the burn, Butt & Guts brings a focused, effective workout that leaves you stronger every week.



CIRCUIT

Circuit is a fast-paced, full-body workout that combines strength, conditioning, and functional movement in a series of timed stations. Designed to maximize efficiency and keep you moving, this class challenges multiple muscle groups while boosting cardiovascular endurance, power, and overall work capacity. Each session includes a mix of strength exercises, bodyweight movements, cardio bursts, and core work, arranged to keep energy high and downtime low. Coaches provide movement options and progressions, making this class accessible for all fitness levels—from beginners to advanced athletes so the class is designed for anyone seeking a balanced workout that builds strength, improves endurance, and keeps training engaging and fast-moving.



MUAY THAI

Muay Thai is a dynamic, high-energy martial arts class that builds striking skill, full-body strength, and conditioning through the traditional techniques of The Art of Eight Limbs. This class focuses on the effective use of punches, kicks, elbows, and knees while teaching proper stance, footwork, defense, and timing. Each session includes pad work, bag work, technique drills, partner combinations, and controlled conditioning designed to enhance speed, power, agility, and mental focus. Whether you're new to Muay Thai or looking to sharpen your skills, this class offers a supportive environment with expert coaching that meets every athlete at their level. Perfect for beginners, martial arts enthusiasts, and athletes seeking a high-intensity workout that builds skill, strength, and self-confidence.



BODY SCULPT

Body sculpt is a full-body, strength-focused class designed to tone, shape, and define your muscles while improving endurance and overall fitness. This class combines music focused reps, light to moderate weights, resistance bands, bodyweight exercises, and functional movements to target all major muscle groups in a balanced, effective workout. Each session focuses on controlled movements, proper form, and muscle engagement to help you build lean muscle, enhance strength, and sculpt a toned physique. Coaches provide modifications and progressions so everyone—from beginner to advanced—can train safely and effectively.



MAT PILATES

Pilates training is a low-impact, full-body workout that focuses on strengthening the core, improving flexibility, enhancing posture, and promoting body awareness. This class combines controlled movements, breathing techniques, and precise alignment to build strength, stability, and overall functional fitness. Each session blends mat exercises, resistance tools, and dynamic stretching to target key muscle groups while emphasizing proper form and mindful movement.



TRX BOOTCAMP

TRX Bootcamp is a dynamic, full-body training session designed to build **strength, stability, and conditioning** using the TRX suspension trainer and bodyweight movements while off the TRX.

Expect a combination of strength exercises, core-focused movements, mobility work, and functional training patterns that improve balance, posture, conditioning and overall body awareness. TRX engages your stabilizers in every move, helping you build lean muscle, enhance joint strength, and improve athletic performance. Every session and exercise is scalable to suit any fitness level.



STEP CLASS

Step class is a high-energy, cardio-focused workout that uses a step platform to tone your lower body, improve coordination, and boost cardiovascular fitness. This class blends choreographed step sequences, bodyweight exercises, and optional hand weights to deliver a fun, challenging, and full-body workout. Each session is designed to get your heart pumping while strengthening your legs, glutes, and core. The class is for you if you are looking for a fun, energetic workout that builds cardiovascular endurance, coordination, and lower-body strength.



SPINNING

Spinning is a high-energy, indoor cycling class that combines rhythm-based rides with endurance, strength, and interval training to deliver a total-body cardio workout. Designed to challenge all fitness levels, this class focuses on speed, power, and stamina while providing low-impact joint-friendly movement. Each session takes you through a variety of terrains—climbs, sprints, and interval bursts—set to motivating music. Coaches guide pacing, resistance, and technique to ensure you get a safe, effective, and exhilarating workout.



MOBILITY

Unlock better movement, reduce stiffness and enhance overall body control. This class focuses on improving functional range of motion, controlled joint articulations, stability and mindful movement patterns. It will help you to build resilience, reduce discomfort and move more efficiently in daily life and workouts. Ideal for anyone looking to move better, feel better and support long-term joint health.



YOGA

Our yoga class is designed to awaken the body, clear the mind, and set a positive tone for your day. This session blends dynamic movement sequences, breathwork, and mindful stretching to improve flexibility, strength, and balance while cultivating mental focus. Participants are guided through flowing sequences that move the body through gentle warm-ups, energizing poses, and mindful transitions, leaving you both invigorated and centered. This class is suitable for all fitness levels, from beginners to experienced practitioners.