



AFA - Ascot Football Academy



AFA Academy

AFA Sports Academy is offering a range of sports and activities after school for Primary and Secondary students; Football, Basketball, Volleyball, Badminton, Fitness, Hip Hop Dance, and Private Personal Fitness Training. For more information and enrollment, please contact Coach Felipe: at amaral@ascot.ac.th

AFA SPORTS ACADEMY TIMETABLE					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15:00-16:00	• HIP HOP PRIMARY	• PRIVATE FITNESS SECONDARY	• FITNESS PRIMARY • FOOTBALL SECONDARY GIRLS	• PRIVATE FITNESS SECONDARY	• FITNESS SECONDARY
16:00-18:00	• BASKETBALL PRIMARY • FOOTBALL SECONDARY	• BASKETBALL SECONDARY • BADMINTON PRIMARY • FOOTBALL PRIMARY	• BASKETBALL PRIMARY • BADMINTON SECONDARY • FOOTBALL SECONDARY	• BASKETBALL SECONDARY • FOOTBALL PRIMARY	• VOLLEYBALL SECONDARY • FOOTBALL PRI/SEC

Our Adult Fitness and Dance classes are back: Mondays, Wednesdays, and Fridays 8-9 am and Tuesdays, Thursdays, and Fridays 4-5 pm at our Dance&Fitness Studio. Fitness full-body workout, Fitness Dance workout, Stretching Yoga style, and Pilates. For more information, please contact our instructor Erica: at erica@ascot.ac.th

ASCOT DANCE & FITNESS (ADULT CLASSES)					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08:00-09:00	• FITNESS FULL - BODY WORKOUT		• FITNESS DANCE WORKOUT		• STRETCHING YOGA STYLE
16:00-17:00		• FITNESS DANCE WORKOUT		• FITNESS DANCE WORKOUT	• PILATES