

GROUP FITNESS SCHEDULE MAY 2024



BEGINNER (B) VARIOUS (V)	INTERMEDIATE (I) ADVANCED (A)
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GYM STUDIO 1						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGALATES DEEPTI 0900 TO 1000 (V)		YOGA TONE JANE 0830 TO 0930 (V)	HIIT MAE 0830 TO 0915 (A)		YOGALATES DEEPTI 0930 TO 1030 (V)	BOOT CAMP LOCK 1000 TO 1045 (V)
PILATES FUSION JANE 1015 TO 1115 (V)	PILATES CORE JERRY 1000 TO 1100 (V)	PILATES BAR BLITZ JANE 0945 TO 1045 (V)	ABT JAMES 1000 TO 1100 (V)		STRETCH CLASS KWAN 1045 TO 1145 (V)	KICKBOXING LOCK 1045 TO 1130 (V)
LATIN JAM JERRY 1145 TO 1245 (A)	ZUMBA SUHAIMI 1145 TO 1245 (V)	TOP 40 DANCE JERRY 1130 TO 1230 (V)	YOGA RUCHICA 1115 TO 1215 (V)	ZUMBA SUHAIMI 1130 TO 1230 (V)		STRETCH CLASS LOCK 1130 TO 1200 (V)
		STRETCH CLASS KWAN 1830 TO 1930 (V)		KARATE LAI KUM FONG 1800 TO 1900		BALLROOM/LATIN DANCE CLASS 1545 TO 1800

MPH						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	SPIN BEN 0830 TO 0930 (B)	PUMP IT UP BEN 0830 TO 0930 (A)		PUMP IT UP BEN 0830 TO 0930 (A)	SPIN INTERVAL BEN 0900 TO 1000 (V)	
	TRX (BEGINNERS) KWAN 1100 TO 1200 (V)	QIGONG WONG 1000 TO 1100 (V)	CYCLING + CORE BARRY 1000 TO 1100 (V)	PILATES BARRE FUSION JANE 1030 TO 1130 (V)		

PRIVATE CLASS (MPH)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA MAGARET 0815 TO 1000 (V)			MAHJONG 1200 TO 1800	MAHJONG 1200 TO 1800	DAYAN QIGON 2ND 64 FORMS WONG LC 1030 TO 1130 (V)	
		YANG TAIJIQUAN 24 FORMS WONG 1115 TO 1215 (V)			SUN STYLE TAIJIQUAN WONG LC 1145 TO 1245 (V)	KIDS BOXING CLASS LAI KUM FONG 1330 TO 1430
			BEGINNERS ROCK & ROLL DANCE SAM FONG 1930 TO 2030		KARATE LAI KUM FONG 1400 TO 1500	CHESS 1500 TO 1800
	DANCE CLASS 1830 TO 2130		INTERMEDIATE TANGO DANCE SAM FONG 2030-2130			

TANGLIN CLUB FITNESS CLASSES: \$16.35 per lesson except for Sunday Kickboxing \$13.10/Boot Camp \$13.10 /Stretch Class \$8.70
The Management reserves the right to amend the Group Fitness Schedule whenever necessary. Prices including GST

TO REGISTER FOR A CLASS, PLEASE LOG INTO YOUR "MEMBER LOGIN" ACCOUNT.

Terms & Conditions:

- The fitness class capacity is a maximum* of 12 persons per class (*Pilates Barre Fusion* – maximum of 10 persons per class, *TRX (Beginners)* – maximum of 5 persons per class), *Pilates Bar Blitz* - maximum 10 person per class.
 - Classes can be booked up to 7 days in advance (opening time: 10.00am).
 - Booking closes 30 minutes before the class starts.
- Full charges apply for any cancellations made less than 24 hours in advance.
 - Full charges apply to no-shows.
 - Strictly no email bookings are allowed.
- For Members who do not book online and walk in, the class fee shall be \$21.80 (including GST and administrative fee) and they may be turned away if the class is full.

Booking for Guests:

- Members may register a maximum of 1 Guest for a fitness class; however, the Member must also be attending the same class.
 - Guest prices are \$21.80 (FOR ALL CLASSES)
- If you cancel your booking for a class, your Guest's booking for the same class will be cancelled as well.