

FEBRUARY FITNESS CLASSES

STUDIO 1	MON	TUE	WED	THU	FRI	SAT	SUN
8.30AM	FUNCTIONAL TRAINING GERALD	PILOXING KARTANI (KAT)	YOGA TONE JANE	MORTAL COMBAT MELVYN	YOGALATES DEEPTI		
9.45AM	PILATES FUSION JANE	PILATES CORE DEEPTI	GYMSTICK JANE	ABT JAMES	LINE DANCE BEE KHIM	STRETCH JERRY	YOGA STRETCH KARISHMA
11.00AM	CARDIO DANCE JERRY	HIIT ANDYN	CORE YOGA ELAINE	HATHA YOGA RUCHICA	ZUMBA SUHAIMI		
12.15PM	PILOXING PEI LING <small>NEW</small>	ZUMBA SUHAIMI					
1.00PM			CARDIO DANCE FIZAH				
3.00PM	ZUMBA KK <small>NEW</small>				HATHA YOGA KK <small>NEW</small>		
5.30PM	CORE YOGA BETTY	FUNCTIONAL TRAINING JANSON	CHAIR FIT BETTY	KPOPX FITNESS CAREN	SOUND BATH PHOEBE		
6.45PM	SOUND BATH JENN	DYNAMIC BOXING/ *KARATE SCOTT	YOGA STRETCH KARISHMA	FUNCTIONAL TRAINING BARRY	BOLLYWOOD BEATS PAVAN		

MPH	MON	TUE	WED	THU	FRI	SAT	SUN
7.30AM	STRENGTH & MOBILITY ANDYN						
8.30AM	KETTLEBELL ANDYN	SPIN BEN	PUMP BEN		PUMP BEN	PUMP LOCK	
9.45AM				PILATES TRX JANE	BARRE FUSION JANE	SPIN SHAUN	BOOT CAMP LOCK
11.00AM			QIGONG WONG			TRX BARRY	KICK BOXING LOCK
2.00PM				MAHJONG 4HR	MAHJONG 4HR		
4.00PM		TABLE TENNIS 2HR					
4.30PM	TABLE TENNIS 2HR		TABLE TENNIS 2HR				
6.30PM		DANCE 3HR					
7.00PM	PUMP SHAUN		KICK BOXING LOCK		TABLE TENNIS 2HR		

SWIMMING POOL	MON	TUE	WED	THU	FRI	SAT	SUN
8.30AM		AQUA POH LENG	AQUA POH LENG	AQUA ARIELLE	AQUA ARIELLE		

Tanglin Club fitness classes: \$16.35 per lesson (Including GST or Uff @\$150/- Monthly)

*Trial karate class will be conducted only once on Tuesday, 10 February

Register for a class , please log into "member log in account". Classes can be booked **7 days** in advance
Guests will be charged **\$21.80** (including GST & administrative fee) and they may be turned away if class is full
The management reserves the right to amend the group fitness schedule whenever necessary