

# JULY & AUGUST FITNESS CLASSES

STUDIO 1	MON	TUE	WED	THU	FRI	SAT	SUN
8.30AM	FUNCTIONAL TRAINING BARRY		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	MOVEMENT & LONGEVITY ANDYN	TOTAL BODY CONDITIONING - NEW TOMMY	HATHA YOGA RUCHICA	ZUMBA SUHAIMI		
12.15PM		ZUMBA SUHAIMI		ZUMBA KK			
1.00PM							
3.00PM	ZUMBA KK						
3.30PM							DANCE 2HR 45MIN
5.30PM					BOLLYWOOD BEATS PAVAN		
6.15PM		YOGA STRETCH KK					
6.45PM	SOUND BATH JENN		YOGA STRETCH KARISHMA				
7.30PM		#32 DANCE FITNESS - NEW KK					

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

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

\*A MINIMUM OF 3 PARTICIPANTS IS REQUIRED FOR THE CLASS TO PROCEED.

To 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.



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