

TANGLIN CLUB FITNESS CLASSES

OCTOBER 2025

STUDIO 1

	MON	TUE	WED	THU	FRI	SAT	SUN
8.30AM			YOGA TONE JANE	MORTAL COMBAT MELVYN	YOGALATES DEEPTI		
9.45AM	PILATES FUSION JANE	PILATES CORE DEEPTI	GYMSTICKS JANE	ABT JAMES	LINE DANCE BEE KHIM	STRETCH KWAN	YOGA STRETCH KARISHMA
11.00AM	CARDIO DANCE FIZAH	HIIT ANDYN	STRETCH BETTY	HATHA YOGA RUCHICA	ZUMBA SUHAIMI		
12.15PM		ZUMBA SUHAIMI					
7.00PM		DYNAMIC BOXING SCOTT	YOGA STRETCH KARISHMA	FUNCTIONAL TRAINING BARRY	BOLLYWOOD DANCE PAVAN		

MPH

	MON	TUE	WED	THU	FRI	SAT	SUN
7.30AM	STRENGTH & MOBILITY ANDYN						
8.30AM	KETTLEBELL ANDYN	SPIN BEN	PUMP BEN			PUMP LOCK	
9.45AM				SUSPENSION PILATES JANE NEW	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	TABLE TENNIS 2HR	TABLE TENNIS 2HR				
7.00PM		DANCE 3HR	KICK BOXING LOCK NEW		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)

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.



THE
TANGLIN CLUB
FOUNDED 1865