

# GROUP FITNESS SCHEDULE

## NOVEMBER 2017



STUDIO 1						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING CLASSES</b>						
	SPIN CHALLENGE ERIN 7AM TO 8AM		SPIN CHALLENGE JACYLN 7AM TO 8AM			
SPIN CHALLENGE BARRY/CRYSTAL 8AM TO 9AM	TOTAL BODY CONDITIONING JAMES 8AM TO 9AM	PILATES CIRCUIT SERENA 8AM TO 9AM	YOGA FLOW KENRICK 8AM TO 9AM	H.I.I.T SYED 8AM TO 8.30AM		
BEGINNERS' PILATES MATWORK AMANDA 9.05AM TO 10.05AM	SPIN INTERVAL BEN 9.05AM TO 10.05AM	PUMP IT UP BEN 9.05AM TO 10.05AM	YIN YOGA KENRICK 9.05AM TO 10.05AM	PUMP IT UP JERRY 9.05AM TO 10.05AM	SPIN INTERVAL BEN 9AM TO 10AM	CORE CHRISTINE 9AM TO 10AM
A.B.T. JERRY 10.10AM TO 11.10AM	PILATES CORE NAOKO 10.10AM TO 11.10AM	TOP 40 DANCE JERRY 10.10AM TO 11.10AM	A.B.T. JAMES 10.10AM TO 11.10AM	CARDIO DANCE JERRY 10.10AM TO 11.10AM	SPIN CHALLENGE ERIN/CRYSTAL 10.10AM TO 11.10AM	BOOT CAMP LOCK 10.05AM TO 11.05AM
HATHA YOGA SERENA 11.15AM TO 12.15PM	ZUMBA® ERICH 11.15AM TO 12.15PM	YOGA STRETCH & RELAX YVONNE 11.15AM TO 12.15PM	STRETCH & RELAX LEWIS 11.15AM TO 12.15PM	ZUMBA® SUHAIMI 11.15AM TO 12.15PM	YOGA STRETCH & RELAX SERENA 11.15AM TO 12.15PM	KICKBOXING LOCK 11.10AM TO 12.10AM
<b>EVENING CLASSES</b>						
	YOGA JANE 7.00PM TO 8.00PM	PILATES NAOKO 6.15PM TO 7.15PM	ZUMBA® PARTY SUHAIMI 6.45PM TO 7.45PM	KARATE (NOT INCLUDED IN UFF) LAI KUM HUNG 6.00PM TO 7.00PM		

STUDIO 2						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
KETTLEBELL TRAINING (BEGINNER) LEWIS 9.05AM TO 10.05AM	LO IMPACT AEROBICS SERENA 10AM TO 11AM		TRX CIRCUIT TRAINING ASRI 9.10AM TO 10.00AM			KARATE (NOT INCLUDED IN UFF) LAI KUM HUNG 9.30AM TO 11AM
			PILATES MELVYN 7PM TO 8PM		DYNAMIC FITBALL SERENA 1005AM TO 1105AM	

POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DEEP WATER RUNNING ERIN 8.30AM TO 9.30AM		DEEP WATER RUNNING ERIN 8.30AM TO 9.30AM	DEEP WATER RUNNING ERIN 8.30AM TO 9.30AM		

GYM (free for all @ Studio 2)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ABS & CORE GYM INSTRUCTOR 10.10AM TO 10.25AM		ABS & CORE GYM INSTRUCTOR 10.10AM TO 10.25AM		ABS & CORE GYM INSTRUCTOR 9.30AM TO 9.45AM		

**ULTIMATE FITNESS FEAST SCHEME: \$98 for unlimited classes or \$20 per session (excluding GST).**  
The Management reserves the right to amend the Group Fitness Schedule whenever necessary.

ONGOING ACTIVITIES AT MPH						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
*YOGA (ADVANCED) MARGARET 8.30AM TO 9.45AM				COMBAT FITNESS (INCLUDED IN UFF) MELVYN 9.00AM TO 10.00AM		TABLE TENNIS SOCIALS 8.30AM TO 11AM
ZUMBA® (INCLUDED IN UFF) MIKO 10.30AM TO 11.30AM			*YANG TAIJIQUAN/ STRETCHING EXERCISES WONG LC 1030AM TO 11.30AM	DYNAMIC YOGA (INCLUDED IN UFF) MELVYN 10.05AM TO 11.05AM	*TAIJI FAN WONG LC 9.45AM TO 11AM	TABLE TENNIS SOCIALS 8.30AM TO 11AM
					*DAYAN QIGONG WONG LC 11.30AM TO 12.45PM	
		TABLE TENNIS SOCIALS 6PM TO 9PM	*INTERMEDIATE FOXTROT SAM FONG 8PM TO 9PM	LADIES SELF DEFENCE (NOT INCLUDED IN UFF) LAI KUM HUNG 4.50PM TO 5.50PM	*TAEKWONDO (BEGINNERS) PATRICK 4PM TO 5PM	*BEGINNER LATIN CHA CHA LOUIS NG 4PM TO 5PM
*WING CHUN KEN LIM 7.30PM TO 9PM			*INTERMEDIATE RUMBA SAM FONG 9.15PM TO 10.15PM	TABLE TENNIS SOCIALS 6PM TO 9PM	*TAEKWONDO (INTERMEDIATE / ADVANCED) PATRICK 5PM TO 6.30PM	*BEGINNER LATIN CHA CHA LOUIS NG 5.15PM TO 6.15PM

\*Ongoing Activities are not included in the Ultimate Fitness Feast scheme. Monthly charges apply for ongoing activities except Table Tennis Socials. Schedule correct as at time of print.