

GROUP FITNESS SCHEDULE FEBRUARY 2023



BEGINNER (B) VARIOUS (V)				INTERMEDIATE (I) ADVANCED (A)		
GYM STUDIO 1						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES FUSION JANE 1015 TO 1115 (V)	PILATES CORE NAOKO 1000 TO 1100 (I)	YOGA TONE JANE 0830 TO 0930 (V)	ABT JAMES 1000 TO 1100 (V)		STRETCH CLASS KWAN 1030 TO 1130 (V)	KICKBOXING/BOOT CAMP LOCK 1000 TO 1130 (V)
LATIN JAM JERRY 1145 TO 1245 (A)		TOP 40 DANCE JERRY 1130 TO 1230 (V)	YOGA RUCHICA 1115 TO 1215 (V)	ZUMBA SUHAIMI 1130 TO 1230 (V)		
						DANCE CLASS 1545 TO 1800 *PRIVATE CLASS
GYM STUDIO 1 (EVENING)						
		STRETCH CLASS KWAN 1830 TO 1930 (V)				
MPH						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	SPIN BEN 0830 TO 0930 (B)	PUMP IT UP BEN 0830 TO 0930 (A)	SPIN BEN 0830 TO 0930 (V)	PUMP IT UP BEN 0830 TO 0930 (A)	SPIN INTERVAL BEN 0900 TO 1000 (V)	
	TRX (BEGINNERS) NADIA 1115 TO 1215 (V)	QIGONG WONG 1000 TO 1100 (V)		PILATES BARRE FUSION JANE 1015 TO 1115 (V)		STRETCH CLASS KWAN 1145 TO 1245 (V)
SWIMMING POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	AQUA 0830 TO 0930 (V)		AQUA 0830 TO 0930 (V)	AQUA 0830 TO 0930 (V)		
TANGLIN CLUB FITNESS CLASSES: \$15 per lesson (including GST) except for Kickboxing/Boot Camp: \$22.50 per lesson (including GST) The Management reserves the right to amend the Group Fitness Schedule whenever necessary.						

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 / Pilates Fusion – maximum of 14 persons per class / TRX (Beginners) – maximum of 8 persons 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 \$21.40 (*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 \$21.40 (1-hour class) / \$32.10 (1.5-hour class).
- If you cancel your booking for a class, your Guest's booking for the same class will be cancelled as well.
 - For MPH and Swimming Pool classes please contact Sports Counter for booking.