

GROUP FITNESS SCHEDULE JANUARY 2019



| BEGINNER (B) VARIOUS (V) | | | INTERMEDIATE (I) ADVANCED (A) | | | |
|---|--|---|---|---|--|--|
| STUDIO 1 | | | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| MORNING CLASSES | | | | | | |
| | SPIN CHALLENGE ERIN 7AM TO 8AM (A) | | SPIN CHALLENGE JACYLN 7AM TO 8AM (A) | | | |
| COMBAT FITNESS MELVYN 8AM TO 9AM (A) | TOTAL BODY CONDITIONING JAMES 8AM TO 9AM (A) | PILATES CIRCUIT SERENA 8AM TO 9AM (A) | YOGA FLOW YVONNE 8AM TO 9AM (A) | HIIT SYED 8AM TO 830AM (A) | | |
| PILATES FUSION JANE 9.05AM TO 10.05AM (A) | SPIN INTERVAL BEN 9.05AM TO 10.05AM (V) | PUMP IT UP BEN 9.05AM TO 10.05AM (A) | YIN YOGA YVONNE 9.05AM TO 10.05AM (V) | PUMP IT UP JERRY 9.05AM TO 10.05AM (V) | SPIN INTERVAL BEN 9AM TO 10AM (V) | CORE CHRISTINE 9AM TO 10AM (V) |
| TOTAL BODY CONDITIONING JERRY 10.10AM TO 11.10AM (I) | PILATES CORE NAOKO 10.10AM TO 11.10AM (I) | TOP 40 DANCE JERRY 10.10AM TO 11.10AM (V) | A.B.T. JAMES 10.10AM TO 11.10AM (I) | LATIN JAM JERRY 10.10AM TO 11.10AM (V) | SPIN CHALLENGE JACYLN 10.10AM TO 11.10AM (A) | BOOT CAMP LOCK 10.05AM TO 11.05AM (V) |
| HATHA YOGA SERENA 11.15AM TO 12.15PM (B) | ZUMBA® ERICH 11.15AM TO 12.15PM (V) | YOGA STRETCH & RELAX YVONNE 11.15AM TO 12.15PM (V) | STRETCH & RELAX LEWIS 11.15AM TO 12.15PM (B) | ZUMBA® SUHAMI 11.15AM TO 12.15PM (V) | YOGA STRETCH & RELAX SERENA 11.15AM TO 12.15PM (I) | KICKBOXING LOCK 11.10AM TO 12.10AM (V) |
| EVENING CLASSES | | | | | | |
| | ZUMBA® SUHAMI 6.00PM TO 7.00PM (V) | PILATES NAOKO 6.15PM TO 7.15PM (I) | ZUMBA® SUHAMI 6.45PM TO 7.45PM (V) | KARATE (NOT INCLUDED IN UFF) LAI KUM HUNG 6.00PM TO 7.00PM (V) | | DANCE SECTION (NOT INCLUDED IN UFF) 3.45PM TO 5.45PM (V) |
| | YOGA JANE 7.00PM TO 8.00PM (I) | | DANCE SECTION (NOT INCLUDED IN UFF) 8PM TO 10PM (V) | | | |
| STUDIO 2 | | | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| | | | | | | |
| KETTLEBELL TRAINING (BEGINNER) LEWIS 9.05AM TO 10.05AM (B) | | ABS & CORE INSTRUCTOR 9.30am to 9.45am (V) (FREE FOR ALL) | TRX X-TRAINING ASRI 9.10am to 10am (V) | ABS & CORE INSTRUCTOR 9.30AM TO 9.45AM (V) (FREE FOR ALL) | DYNAMIC FITBALL SERENA 10AM TO 11AM (I) | |
| ABS & CORE INSTRUCTOR 10.10AM TO 10.25AM (V) (FREE FOR ALL) | LO IMPACT AEROBICS SERENA 10AM TO 11AM (B) | STRETCH & RELAX JAMES 10.10AM TO 11.10AM (B) | PILATES MELVYN 7PM TO 8PM (B) | | | |
| MULTI PURPOSE HALL (MPH) | | | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| | | | | PILATES FUSION JANE 8AM TO 9AM (A) | | |
| SPIN CHALLENGE ERIN/JACYLN 7.30 AM TO 8.15AM (A) | | | | COMBAT FITNESS MELVYN 9.05AM TO 10.05AM (A) | | |
| ZUMBA® MIKO 10.30AM TO 11.30AM (B) | | COMBAT FITNESS MELVYN 10.30AM TO 11.30AM (A) | | DYNAMIC YOGA MELVYN 10.10AM TO 11.10AM (I) | | |
| SWIMMING POOL | | | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| | DEEP WATER RUNNING ERIN 8.30AM TO 9.30AM (V) | | DEEP WATER RUNNING KEVIN 8.30AM TO 9.30AM (V) | DEEP WATER RUNNING ERIN 8.30AM TO 9.30AM (V) | | |
| 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. | | | | | | |

| ON-GOING ACTIVITIES AT MULTI-PURPOSE HALL | | | | | | |
|---|---------|---------------------------------------|--|--|---|---|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| *YOGA (ADVANCED) MARGARET 8.30AM TO 10AM (A) | | | *YANG TALIJUAN WONG LC 1030AM TO 11.30AM (V) | | *TALI FAN WONG LC 9.45AM TO 11AM (V) | TABLE TENNIS SOCIALS 8.30AM TO 11AM |
| | | | | | *DAYAN QIGONG WONG LC 11.30AM TO 12.45PM (V) | |
| | | TABLE TENNIS SOCIALS 6PM TO 9PM | *INTERMEDIATE FOXTROT SAM FONG 8PM TO 9PM (I) | LADIES SELF DEFENCE (NOT INCLUDED IN UFF) LAI KUM HUNG 4.50PM TO 5.50PM (V) | *TAEKWONDO (BEGINNERS) PATRICK 4PM TO 5PM (B) | *BEGINNER LATIN CHA CHA LOUIS NG 4PM TO 5PM (B) |
| *WING CHUN KEN LIM 7.30PM TO 9PM (V) | | | *INTERMEDIATE RUMBA SAM FONG 9.15PM TO 10.15PM (I) | TABLE TENNIS SOCIALS 6PM TO 9PM | *TAEKWONDO (INTERMEDIATE / ADVANCED) PATRICK 5PM TO 6.30PM (V) | *BEGINNER LATIN CHA CHA LOUIS NG 5.15PM TO 6.15PM (B) |

*On-going Activities are not included in the Ultimate Fitness Feast scheme. Monthly charges apply for on-going activities except Table Tennis Socials. Schedule is correct as at the time of print.