

# GROUP FITNESS SCHEDULE NOVEMBER 2021



BEGINNER (B) VARIOUS (V)	INTERMEDIATE (I) ADVANCED (A)
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## MULTI-PURPOSE HALL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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### MORNING CLASSES

	SPIN BEN 8.30AM TO 9.30AM (B)	PUMP IT UP BEN 8.30AM TO 9.30AM (A)	SPIN BEN 8.30AM TO 9.30AM (V)	PUMP IT UP BEN 9.00AM TO 10.00AM (A)	SPIN INTERVAL BEN 9.00AM TO 10.00AM (V)	
HATHA YOGA RASHI 10.30AM TO 11.30AM (V)	PILATES CORE NAOKO 10.00AM TO 11.00AM (I)	QIGONG WONG 10.00AM TO 11.00AM (V)	ABT JAMES 10.00AM TO 11.00AM (V)			KICKBOXING/BOOT CAMP LOCK 10.00AM TO 11.30AM (V)
LATIN JAM JERRY 12.00PM TO 1.00PM (A)		TOP 40 DANCE JERRY 11.30AM TO 12.30PM (V)	HATHA YOGA RASHI 11.30AM TO 12.30PM (V)	ZUMBA SUHAIMI 11.30AM TO 12.30PM (V)		

### EVENING CLASSES

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### SWIMMING POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	DEEP WATER RUNNING KEVIN 8.30AM TO 9.30AM (V)		DEEP WATER RUNNING KEVIN 8.30AM TO 9.30AM (V)	AQUAMOTION TATIANA 8.30AM TO 9.30AM (V)		
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**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.

## PRIVATE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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*YOGA MARGARET 8.30AM TO 10.00AM (V)					*SUN STYLE TAIJIQUAN WONG LC 10.30AM TO 11.30AM (V)	
					*CHEN STYLE TAIJIQUAN WONG LC 11.45AM TO 12.45PM (V)	
				LADIES SELF DEFENCE LAI KUM HUNG 4.50PM TO 5.50PM (V)	*TAEKWONDO (BEGINNERS) PATRICK 4.00PM TO 5.00PM (B)	
				KARATE LAI KUM HUNG 6.00PM TO 7.00PM	*TAEKWONDO (INTERMEDIATE/ ADVANCED) PATRICK 5.00PM TO 6.30PM (V)	

**TO REGISTER FOR A CLASS, PLEASE LOG INTO YOUR 'MEMBER LOGIN' ACCOUNT.**

#### Terms & Conditions:

- The fitness class capacity is a maximum\* of 8 persons per class (\*except for Deep Water Running & Aquamotion classes – maximum of 12 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.

#### Safe Measures:

- Participants are advised to bring their own mats and/or accessories.
- Participants are to wipe down the mats and equipment after use, and to leave the premises as soon as possible.