April Adult Group Fitness & Interest Classes Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00	08:00-08:45 Spinning **DVD Class**	08:00-08:45 Spinning **DVD Class**	08:00-08:45 Spinning **DVD Class**	08:00-08:45 Spinning **DVD Class**	08:00-08:45 / 09:00-09:45 Spinning **DVD Class**		
09:00	09:00-10:00 Adult Class Pilates Mat **DVD Class**	08:15-09:00 Body Shaping Jing $100	09:00-10:00 Self stretching **Studio B**	09:00-09:45 Body Shaping Jing $100		10:00-11:00 Junior Class Chinese Calligraphy Class	10:00-11:00 Spinning **DVD Class**
10:00	10:15-11:15 Adult Class Yoga Stretch Falcon $100 **No class on 5th**	10:30-12:30 Adult Class Adult Art Class	10:15-11:15 Adult Class Yoga Therapy Falcon $100		10:00-11:00 Adult Class Pilates Mat **DVD Class**	11:00-12:00 Adult Class Chinese Calligraphy Class	10:00-11:30 / 11:30-13:00 Junior Class Karate
11:00	11:15-12:15 Adult Class Body Sculpt Falcon $100 **No class on 5th**					09:00-14:15 Junior class Ballet / Jazz	
12:00							
13:00							
14:00	15:00-17:00 / 17:15-19:15 Junior Class Watercolor Painting Class	16:00-17:00 / 17:00-18:00 Junior Class Taekwondo	14:15-19:15 Junior Class Ballet				
15:00							
16:00		16:00-17:00 Adult Class Kendo		16:00-17:00 Adult Class Yoga Therapy Falcon $100			
17:00	15:15-19:30 Junior Class Ballet / Jazz	17:00-18:00 / 18:00-19:00 Junior Class Hapkido					
18:00		19:00-20:00 Adult Class Hapkido		18:00-20:00 Junior Class Karate	18:30-19:30 Body Shaping Jing $100		
19:00		18:00-19:00 Step **DVD Class**					
20:00		20:00-21:00 Adult Class Pilates Mat **DVD Class**					
21:00							

	Adult Group Exercise Class (Daily class)
	Adult Interest Class (Monthly class)
	DVD Class (No instructor)
	Junior Interest Class (Monthly class)

The DVD classes are for members who are advanced in that particular class. The class is taken by following a DVD of a Master Instructor. Note that these are FREE classes. So get together a few friends for some motivation and give them a try. Bookings are still required, and if no bookings are received by 30mins prior to the class, the class will be cancelled - as the studio needs to be set up for each class. If you have any suggestions for additional times, just let us know!

*Please note that as from 1 May 2020, **all Adult Group exercise classes will be charged accordingly. Please check class schedule.** You may book-in for classes up to 30 days in advance, however if you book-in for a class and do not show for the class, or give less than 24hrs cancellation notice, a No Show fee will be charged to your account. Those who have had a No Show charge or Late Cancellation charge levied more than twice in 30 days will have their advance booking privileges withdrawn for 60 days. If the class is full through advanced booking, you may place your name on the waitlist and you will be called in the case of a cancellation.*

Adult Group Class Description

For booking and enquires please call: 2657 8292 / Non-Members are welcome with a 10% surcharge/class

B=Beginners M=Multi-Level I=Intermediate A=Advanced

Yoga Stretch	M	Yoga stretching is suitable for people of all ages, and the benefits include, increased flexibility and joint range of motion, stress relief, improved circulation, better posture and enhanced coordination.
Spinning Challenge	I/A	Spinning is a workout to challenge your cardio-vascular fitness and endurance!
Body Shaping	M	The fastest way to tone and condition your body and get in shape! This is a full body conditioning class set to awesome music while you're motivated by your instructor to push you to your limit! Non-impact and moderate to high intensity.
Pilates Mat	M	A mat work class taught according to the principles of Pilates. The gentle but effective exercises strengthen your core abdominal and back muscles and are great for those looking for more stability and support in their body. Non-impact and low intensity.
Step	B	An introduction class to "Stepping", where all the basic moves in a Step class are taught. Progression from here will be Step 2. Low impact and intensity.
Body Sculpt	B	Tones and shapes key muscle groups with weight training and cardio workout.
Strengthen & Stretch Flow	M	This is a yoga workout class aimed to strengthen and to stretch your body. This is a perfect routine to wakeup and kick start your day. You'll learn to properly align your body to make sure you using the right muscles in the poses to prevent injury or strain.
Yoga Therapy	M	Yoga therapy is a type of therapy that uses yoga postures, breathing exercises, meditation, and guided imagery to improve mental and physical health. The holistic focus of yoga therapy encourages the integration of mind, body, and spirit.

Please give us your feedback on classes & times, so we can provide a schedule of classes to best suit you all.