

Apr Adult Group Fitness & Interest Classes Schedule



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00							
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 Spinning DVD Class		
09:00			09:15-10:15 Yoga Therapy Falcon \$130			10:00-11:00 Junior Class Chinese Calligraphy Class	
10:00	10:15-11:15 Dance Class Falcon \$130 No class on 1 Apr		10:15-11:15 Body Sculpt Falcon \$130			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 Yoga Therapy Falcon \$130 No class on 1 Apr					09:00-14:15 Junior class Ballet / Jazz	
12:00							
13:00							
14:00		16:00-17:00 / 17:00-18:00 Junior Class Taekwondo	14:15-18:45 Junior Class Ballet				
15:00	15:00-17:00 / 17:15-19:15 Junior Class Watercolor Painting Class						
16:00		16:00-17:00 Adult Class Kendo				16:20-17:10 Yin Yoga Stephanie \$150	
17:00	15:15-19:30 Junior Class Ballet / Jazz	17:00-18:00 / 18:00-19:00 Junior Class Hapkido					
18:00	17:30-18:30 HIIT Fiona \$150 No class on 1 Apr	18:30-19:30 Mobility Jennifer \$220		18:00-20:00 Junior Class Karate			
19:00	09:30-10:30 Step & Circuit Aerobics \$150 No class on 1 Apr	19:00-20:00 Daily Yoga Stephanie \$150	19:10-20:00 Yin Yoga Stephanie \$150			18:30-20:00 Junior Class Karate	
20:00							
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

Yin Yoga	M	A long held and deeply stretches healing yoga practice focused on realigning the connective tissues of the body. Suitable for anyone looking to stretch their bodies with little physical effort.
Mobility	M	Mobility classes combine training in flexibility, strength, and motor control in order to improve joint range of motion, reduce muscle tension and stiffness, and increase overall body awareness and control.
H.I.I.T	M	High Intensity Interval Training (HIIT) is considered a complete workout that combines both aerobic and strength (resistance) training. It involves short bursts of intense exercise alternated with short recovery periods. It takes your cardio workout to another level, as you push your pace out of your comfort zone.
Body Sculpt	B	Tones and shapes key muscle groups with weight training and cardio workout.
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.
Dance	M	Dance combines great dynamic music. Easy! Fun! Sweat! Dance! Anyone can Join the party!
Daily Yoga	M	This class is for personal well-being and designed to release stress and tension from daily life. We will focus on overall joint mobility along with gentle stretches that aim to open your body and release tight areas, supported poses to ease tensed muscles, and a comforting atmosphere with relaxing music to calm your body and mind.
Step & Circuit Aerobics	M	Step & Circuit aerobics has all the benefits of a full-body workouts without putting stress on your joints. It improves overall fitness by building strength trusted Source, reducing fat, and boosting your cardiovascular health. It also burns calories, making it an ideal way to maintain your target body weight.

Please give your feedback on classes & times, so we can provide a schedule of classes to

best suit you all.