

Jun 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		16:15-17:15 Women's Wellness Yoga Stephanie \$190 No class on 19th Jun	10:00-11:00 Junior Class Chinese Calligraphy Class	
10:00	10:00-11:15 Dance Class Falcon \$130		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					09:00-15:00 Junior class Ballet / Jazz	
12:00							
13:00							
14:00		16:00-17:00 / 17:00-18:00 Junior Class Taekwondo	15:00-16:00 Ashtanga Pilates Lilian \$200				
15:00	15:00-16:00 Ashtanga Yoga Lilian \$200						
16:00		16:00-17:00 Adult Class Kendo	14:15-19:00 Junior Class Ballet			16:15-17:15 Hatha Yoga Stephanie \$190	
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 \$160	18:30-19:30 Mobility Jennifer \$220		18:00-20:00 Junior Class Karate			
19:00		18:30-19:30 Yoga Stretch & Flex Stephanie \$190	19:00-20:00 Yin Yoga Stephanie \$190				
20:00							
21:00							

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

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

Hatha 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.
Yoga Stretch & Flex	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.
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!
Women's Wellness Yoga	B	A gentle yoga practice consists of stretches and strengthening for new moms who want to reconnect with their breath and their body.
Ashtanga Yoga	M	From the perspective of physiological structure, we deeply understand the coordination between breathing, muscles and bones, guide you to master the correct posture, and adopt scientific and effective practice methods to let you learn yoga quickly, accurately and efficiently.
Pilates	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.
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.

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