

# GROUP FITNESS SCHEDULE JANUARY 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)		SPIN BEN 09.00AM TO 10.00AM (V)	
SPIN ERIN 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)	SPIN ERIN 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)	ZUMBA® MIKO 11.30AM TO 12.30PM (V)	TOP 40 DANCE JERRY 11.30AM TO 12.30PM (V)	YOGA RASHI 11.30AM TO 12.30PM (V)	ZUMBA® SUHAIMI 11.30AM TO 12.30PM (V)		

### AFTERNOON / EVENING CLASSES

		ZUMBA SUHAIMI 6.00PM TO 7.00PM (A)				
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## SWIMMING POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	DEEP WATER RUNNING ERIN 8.30AM TO 9.30AM (V)		AQUAMOTION TATIANA 8.30AM TO 9.30AM (V)	DEEP WATER RUNNING ERIN 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 MAGARET 8.30 AM TO 10.00AM (V)					*SUN STYLE TAIJIQUAN WONG LC 10.30 AM TO 11.30AM (V)	
					*CHEN STYLE TAIJIQUAN WONG LC 11.45AM TO 12.45PM (V)	
				LADIES SELF DEFENCE (NOT INCLUDED IN UFF) LAI KUM HUNG 4.50PM TO 5.50PM (V)	*TAEKWONDO (BEGINNERS) PATRICK 4PM TO 5PM (B)	
				KARATE LAI KUM HUNG 6PM TO 7PM	*TAEKWONDO (INTERMEDIATE / ADVANCED) PATRICK 5PM TO 6.30PM (V)	

**Minimum of 4 & maximum\* of 10 persons per class**  
(\*Except for Deep Water Running & Aquamotion classes – Minimum of 4 & maximum of 12 persons per class)

**Please note:**

- A class will be cancelled if fewer than 4 persons register.
- Cancellations are permitted; however, notice has to be given at least 24 hours before the class commences.
- Full charges for cancellations will apply if less than 24 hours' notice is given.
  - There will be no refund, unless a class is cancelled.
  - Full charges will apply to no-shows.
- 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.
  - The maximum capacities stated above are to comply with current Government regulations.

To register, please email [gym@tanglin-club.org.sg](mailto:gym@tanglin-club.org.sg).

- Classes can be booked up to 7 days in advance (opening time: 10.00am). The cut-off time is 12 noon on the day before the class. (E.g. If a class is on Wednesday, Members can book from the prior Wednesday onwards; the cut-off will be on Tuesday at 12 noon.)
  - The guest price is \$21.40 per lesson.
  - A confirmation will be sent once the class is confirmed.