

GROUP FITNESS SCHEDULE OCTOBER 2019



BEGINNER (B) VARIOUS (V)	INTERMEDIATE (I) ADVANCED (A)
--------------------------	-------------------------------

STUDIO 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--------	---------	-----------	----------	--------	----------	--------

MORNING CLASSES

COMBAT FITNESS MELVYN 8.00AM TO 9.00AM (A)	TOTAL BODY CONDITIONING JAMES 8AM TO 9AM (A)	PILATES CIRCUIT SERENA 8AM TO 9AM (A)	YOGA FLOW YVONNE 8AM TO 9AM (A)	HIIT SYED 8AM TO 8.30AM (A)		
PILATES FUSION JANE 9.05AM TO 10.05AM (A)		PUMP IT UP BEN 9.05AM TO 10.05AM (A)	YIN YOGA YVONNE 9.05AM TO 10.05AM (V)	PUMP IT UP JERRY 9.05AM TO 10.05AM (V)		CORE CHRISTINE 9AM TO 10AM (V)
TOTAL BODY CONDITIONING JERRY 10.10AM TO 11.10AM (I)	PILATES CORE NAOKO 10.15AM TO 11.15AM (I)	BADUANJIN QIGONG WONG LC 10.10AM TO 11.10AM (B)	A.B.T. JAMES 10.10AM TO 11.10AM (I)	LATIN JAM JERRY 10.10AM TO 11.10AM (V)	PUMP CLASS BEN 10.10AM TO 11.10AM (A)	BOOT CAMP LOCK 10.05AM TO 11.05AM (V)
HATHA YOGA RASHI 11.15AM TO 12.15PM (B)	ZUMBA® ERICH 11.20AM TO 12.20PM (V)	YOGA STRETCH & RELAX YVONNE 11.15AM TO 12.15PM (V)	STRETCH & RELAX LEWIS 11.15AM TO 12.15PM (B)	ZUMBA® SUHAIMI 11.15AM TO 12.15PM (V)	YOGA STRETCH & RELAX SERENA 11.15AM TO 12.15PM (I)	KICKBOXING LOCK 11.10AM TO 12.10AM (V)

EVENING CLASSES

	ZUMBA® SUHAIMI 6.00PM TO 7.00PM (V)	YOGALATES JANE 6.15PM TO 7.15PM (I)	ZUMBA® SUHAIMI 6.30PM TO 7.30PM (V)	KARATE (NOT INCLUDED IN UFF) LAI KUM HUNG 6.00PM TO 7.00PM (V)		DANCE SECTION (NOT INCLUDED IN UFF) 3.45PM TO 5.45PM (V)
	YOGA KARISHMA 7.05PM TO 8.05PM (I)		DANCE SECTION (NOT INCLUDED IN UFF) 8PM TO 10PM (V)			

STUDIO 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--------	---------	-----------	----------	--------	----------	--------

						KARATE (NOT INCLUDED IN UFF) LAI KUM HUNG 10AM TO 11AM (V)
--	--	--	--	--	--	---

KETTLEBELL TRAINING (BEGINNER) LEWIS 9.05AM TO 10.05AM (B)		ABS & CORE INSTRUCTOR 9.30am to 9.45am (V) <i>(FREE FOR ALL)</i>	TRX X-TRAINING ASRI 9.15am to 10am (V)	ABS & CORE INSTRUCTOR 9.30AM TO 9.45AM (V) <i>(FREE FOR ALL)</i>		
ABS & CORE INSTRUCTOR 10.10AM TO 10.25AM (V) <i>(FREE FOR ALL)</i>	LOW IMPACT AEROBICS SERENA 10AM TO 11AM (B)	TOP 40 DANCE JERRY 10.10AM TO 11.10AM (V)			DYNAMIC FITBALL SERENA 10AM TO 11AM (I)	

MULTI PURPOSE HALL (MPH)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--------	---------	-----------	----------	--------	----------	--------

		SPIN CHALLENGE ERIN 8.00 AM TO 9.00 AM (A)		SPIN ERIN 7.15 AM TO 8.00 AM (A)		
ZUMBA® MIKO 10.30AM TO 11.30AM (B)	SPIN INTERVAL BEN 9.05AM TO 10.05AM (V)			PILATES FUSION JANE 8.05AM TO 9AM (A)	SPIN INTERVAL BEN 8.50AM TO 9.50AM (V)	
				COMBAT FITNESS MELVYN 9.10AM TO 10.10 (A)		
		COMBAT FITNESS MELVYN 10.10AM TO 11.10AM (A)		DYNAMIC YOGA MELVYN 10.15AM TO 11.15AM (I)		SPIN SHIREEN 11.15 AM TO 12.15 PM (A)

SWIMMING POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--------	---------	-----------	----------	--------	----------	--------

	DEEP WATER RUNNING ERIN 8.30AM TO 9.30AM (V)		DEEP WATER RUNNING KEVIN 8.30AM TO 9.30AM (V)	DEEP WATER RUNNING ERIN 8.30AM TO 9.30AM (V)		
--	--	--	---	--	--	--

ULTIMATE FITNESS FEAST SCHEME: \$98 for unlimited classes or \$20 per session (excluding GST).
The Management reserves the right to amend the Group Fitness Schedule whenever necessary.

ON-GOING ACTIVITIES AT MULTI-PURPOSE HALL (*NON-UFF)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--------	---------	-----------	----------	--------	----------	--------

*YOGA (ADVANCED) MARGARET 8.30AM TO 10AM (A)			*TRAMPOLINE BOUNCY SHIREEN 9AM TO 10AM (V)		*SUN STYLE TAIJUAN WONG LC 10.05 AM TO 11.05AM (V)	TABLE TENNIS SOCIALS 8.30AM TO 11AM
			*DAYAN QIGONG WONG LC 1030AM TO 11.30AM (V)		*CHEN STYLE TAIJUAN WONG LC 11.30AM TO 12.45PM (V)	
		TABLE TENNIS SOCIALS 6PM TO 9PM	*INTERMEDIATE FOXTROT SAM FONG 8PM TO 9PM (I)	LADIES SELF DEFENCE (NOT INCLUDED IN UFF) LAI KUM HUNG 4.50PM TO 5.50PM (V)	*TAEKWONDO (BEGINNERS) PATRICK 4PM TO 5PM (B)	*BEGINNER LATIN CHA CHA LOUIS NG 4PM TO 5PM (B)
*WING CHUN KEN LIM 7.30PM TO 9PM (V)			*INTERMEDIATE RUMBA SAM FONG 9.15PM TO 10.15PM (I)	TABLE TENNIS SOCIALS 6PM TO 9PM	*TAEKWONDO (INTERMEDIATE / ADVANCED) PATRICK 5PM TO 6.30PM (V)	*BEGINNER LATIN CHA CHA LOUIS NG 5.15PM TO 6.15PM (B)

**On-going Activities are not included in the Ultimate Fitness Feast scheme. Monthly charges apply for on-going activities except Table Tennis Socials. Schedule is correct as at the time of print.*