

POWER HOUSE

06/02/2012 MON	07/2/2012 TUES	08/2/2012 WED	09/2/2012 THURS	10/2/2012 FRI	11/2/2012 SAT	12/2/2012 SUN
HAPPY HOLIDAY Operation Hr : 8am - 8pm		10:00am Line Dance Betrina (M)				
11:30am BODYCOMBAT Delon (M)	1:30pm Steps Jonathan (M)	6:15pm BODYPUMP Yili (M)	6:15pm ABT Annie (M)	6:15pm BODYPUMP Yeong (M)	2:00pm ABT Joseph (M)	12:00pm BODYCOMBAT Loh (M)
12:45pm Steps Shirley (M)	2:45pm BODYPUMP Jonathan (M)	7:25pm BODYCOMBAT Yili (M)	7:25pm BODYCOMBAT Loh (M)	7:25pm BODYCOMBAT Loh (M)	3:15pm Fun Steps Jonathan (M)	
		8:35pm Fun Steps Jonathan (M)	8:35pm BODYPUMP Jonathan (M)	8:35pm Hi-Lo Cardio Jonathan (M)		

THE RIDE

MON	TUES	WED	THURS	FRI	SAT	SUN
10:15am SPINNING Joey (M)	12:30pm rpm Azmy (M)		8:15am rpm Yili (M)			10:35am rpm Tung (M)
		7:25pm SPINNING Jeck (M)		7:25pm rpm Annie (M)	SPINNING Challenge Joey @ 3:00pm	
		8:35pm rpm Jeck (M)	SPINNING Challenge Jeff @ 7:25pm			

BODY & MIND

MON	TUES	WED	THURS	FRI	SAT	SUN
9:00am Hatha Yoga Alice (M)	10:00am Sweat Yoga Bee Ling (M)		7:00am Yoga Flow Polly (M)	7:15am Yogasana Zoe (M)		9:30am FITBALL Donald (M)
		11:15am Pilates Elli (M)	10:30am Gentle Yoga Elizabeth (M)	10:30am Vinyasa Yoga Cheryl (M)		
		6:15pm Yoga Fundamentals Alice (M)	6:15pm Pilates Basic Jeff (B)		2:00pm Yoga Flow Polly (M)	
		7:25pm Yogasana Donald (M)	7:25pm Yoga Flow Polly (M)	6:15pm Power Yoga Cheryl (M)	3:15pm Alignment Yoga Joseph (M)	
		8:35pm Pilates CK (M)	8:35pm Yin Yoga Polly (M)	7:25pm Yoga Therapy Cheryl (M)		

JUKARI

MON	TUES	WED	THURS	FRI	SAT	SUN
2:00pm TRX Donald (M)					11:00am Line Dance Christine (M)	
	11:15am Belly Dancing Angeline (M)		7:00pm Belly Dancing Bee Yen (M)	7:00pm Line Dance Betrina (M)		1:15pm Core Training Donald (M)
		8:35pm Core Training Donald (M)	8:10pm TRX Annie (M)			2:30pm Funky Dance Bernard (M)

Notice - Class registration will be available 15 minutes before the class starts and registration must be done personally at the Front Desk.

- For safety reason and consideration to others, no one is allowed to enter the studio 15 minutes after the class start.
- Classes and Instructors subject to change at short notice.
- Please take note of the class schedule changes during Public Holidays.

New Time
New On Board

Class Levels: B- Beginner, I- Intermediate, A- Advance, M- Multi Level

Better Health for a Better Life

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