



GROUP CLASS SCHEDULE - FEBRUARY 2019

	COMING SOON						
STUDIO 5	MON	TUES	WED	THURS	FRI	SAT	SUN
7.30 - 8.30AM	CORE STEVEN				TRX KIT	8.30 - 9.30AM BODYPUMP SMITH	
8.45 - 9.45AM	BODYPUMP MARCUS	CORE MYKE	8.15 - 9.15AM BODYCOMBAT YIWON	8.15 - 9.15AM BODUPUMP ALEX	BODYCOMBAT KIT		8.00 - 9.00AM TAI CHI MASTER KENNY
10.00 - 11.00AM	BODYCOMBAT MARCUS	SHBAM MYKE	9.30 - 10.15AM CX WORX ALEX	9.30 - 10.15AM RECOVERY FX ALEX	LINEDANCE NANCY	9.30 - 10.00AM GRIT SMITH	9.30 - 10.30PM TRX JASEN
11.15 - 12.15PM					BELLYDANCE EMILY	10.15 - 11.15AM BODYJAM JONATHAN	10.45 - 11.45AM BODYCOMBAT JASEN
2.00 - 3.00PM			10.30 - 11.30AM ZUMBA JOHNSON			11.30 - 12.30PM LINEDANCE SHARON	
3.00 - 4.00PM							5.00 - 6.00PM CHOREOGRAPHY ANSELM
6.00 - 6.45PM				GRIT MYKE			
6.00 - 7.00PM	TRX MYKE	BODYCOMBAT ALEX	TRX MARGIE		BODYPUMP SMITH		
7.10 - 7.50PM				7.00 - 8.00PM BODYJAM MYKE	GRIT BEN SIM		
7.10 - 8.10PM	BODYCOMBAT MYKE	BODYPUMP AARON	BODYPUMP MYKE	8.10 - 9.10PM BODYCOMBAT STEVEN			
8.20 - 9.05PM			SHBAM MYKE		7.50 - 8.50PM TRX CHARLIE		
8.20 - 9.20PM	BODYJAM IVY	QI KONG MASTER KENNY					

STUDIO 4	MON	TUES	WED	THURS	FRI	SAT	SUN
7.00 - 8.00AM				BASIC YOGA (B) YEN	ANANDA YOGA (B) KRISH		
8.15 - 9.15AM		GENTLE YOGA (B) YEN		VINYASA (I) YEN			
9.30 - 10.30AM	HATHA YOGA (B) YEN				GENTLE YOGA (B) KRISH	9.30 - 10.15AM SHBAM SIMONE	
10.45 - 11.45AM		10.00 - 11.00AM RECOVERY FX ALEX					
1.15 - 2.15PM						GENTLE YOGA (B) KRISTY	
2.30 - 3.30PM			6.00 - 6.45PM RECOVERY FX ALEX				
6.15 - 7.15PM		ZUMBA JUSTIN		LINE DANCE MEI LING	ZUMBA JOHNSON		
7.00 - 8.00PM			CHOREOGRAPHY CHERRY				
7.30 - 8.30PM		SHBAM JONATHAN			SHBAM IVY		
8.15 - 9.15PM			KPOP ALVIN				
8.45 - 9.45PM	LINEDANCE MEI LING			CHOREOGRAPHY ENN TAI			

STUDIO 6	MON	TUES	WED	THURS	FRI	SAT	SUN
7.15 - 8.05AM	RPM AZMY		RPM ALEX	RPM PAM			

8.45 - 9.35AM							
10.00 - 10.50AM						RPM ENG GUAN	RPM MARCELLA
4.00 - 4.50PM							RPM ALBERT
6.15 - 7.05PM				FREESTYLE BEN SIM			
7.20 - 8.10PM	RPM JOHNATHAN YAU	RPM ALEX	RPM MARGIE	SPINNING JASEN	RPM ALEX		

STUDIO 3	MON	TUES	WED	THURS	FRI	SAT	SUN
7.00 - 8.00AM							
8.15 - 9.15AM		FLOAT YOGA ELAINE	FLOAT YOGA YEN		HATHA YOGA (1) KENNY		FLOAT YOGA KRISTY
9.30 - 10.30AM	BOLLYWOOD ASHRAF	BOLLYWOOD ASHRAF	BOLLYWOOD ASHRAF	BOLLYWOOD ASHRAF		2.30 - 3.30PM	
10.45 - 11.45AM	FLOAT YOGA YEN	FUSION MIELY		FUSION DALVIN		FLOAT YOGA KRISTY	
6.45 - 7.45PM		5.30 - 6.30PM HATHA YOGA (1) YEN		6.15 - 7.15PM FLOAT YOGA ELAINE			
7.15 - 8.15PM		6.45 - 7.45PM FLOAT YOGA YEN			FLOAT YOGA KRISTY		
7.30 - 8.30PM	BOLLYWOOD ASHRAF	FLOAT YOGA YEN		BOLLYWOOD ASHRAF			
8.45 - 9.45PM		BOLLYWOOD ASHRAF					

STUDIO 2	MON	TUES	WED	THURS	FRI	SAT	SUN
8.15 - 9.15AM							
9.30 - 10.30AM							
6.15 - 7.15PM							
7.30 - 8.30PM							

STUDIO 1	MON	TUES	WED	THURS	FRI	SAT	SUN
7.00 - 8.00AM	GENTLE YOGA (B) KRISH	HATHA YOGA (1) KRISH	ASHTANGA YOGA (A) KRISH			YOGA THERAPY (B) KRISTY	GENTLE YOGA (B) KRISH
8.15 - 9.15AM	ASHTANGA YOGA (A) KRISH		DYNAMIC YOGA FLOW WILFRED	HOT YOGA (1) KRISH	HOT YOGA (1) KRISH		
9.30 - 10.30AM	HOT YOGA (1) KRISTY	HOT YOGA (1) ELAINE	AROMA HOT YOGA WILFRED	SUN SALUTATION (1) KRISH			ASHT VINYASA (A) KRISH
10.45 - 11.45AM							
5.30 - 6.30PM				HATHA YOGA (1) KRISH			
6.00 - 7.00PM					HATHA YOGA (1) KRISTY		
6.15 - 7.15PM	HOT YOGA (1) KRISH	HOT YOGA (1) KRISH	HOT YOGA (1) KRISH				
7.30 - 8.30PM	YOGA THERAPY (B) KRISH	HATHA YOGA (1) KENNY	HATHA YOGA (1) KRISH			7.15 - 8.15PM HOT YOGA (1) KRISH	
8.45 - 9.45PM							