

June Adult Group Fitness & Interest Classes Schedule



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00					07:00-08:00 Yoga Foundation Priyal		
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					08:15-09:30 Power Yoga Priyal \$170		
		10:30-11:30 Adult Class Strengthen & Stretch Flow Corey \$130			09:30-10:30 Yoga for Healthy Spine Priyal \$150	10:00-11:00 Junior Class Chinese Calligraphy Class	
10:00	10:15-11:15 Dance Class Falcon \$100		10:15-11:15 Adult Class Body Sculpt Falcon \$100			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 Adult Class Yoga Therapy Falcon \$100	10:30-12:30 Adult Class Adult Art Class				09:00-14:15 Junior class Ballet / Jazz	
12:00							
13:00							
14:00		16:00-17:00 / 17:00-18:00 Junior Class Taekwondo					
15:00	15:00-17:00 / 17:15-19:15 Junior Class Watercolor Painting Class						
16:00		16:00-17:00 Adult Class Kendo				16:20-17:10 Yin Yoga Stephanie \$140	16:20-17:10 Yin Yoga Stephanie \$140
17:00	15:15-19:30 Junior Class Ballet / Jazz	17:00-18:00 / 18:00-19:00 Junior Class Hapkido	14:15-18:45 Junior Class Ballet			16:00-17:00 Yoga Flow with Family Priyal \$300	
18:00	17:30-18:30 HIIT Fiona \$150			18:00-20:00 Junior Class Karate 22 nd June No class			
19:00			19:10-20:00 Yin Yoga Stephanie \$140				
20:00							
21:00							

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

The DVD classes are for members who are advanced in that particular class. The class is taken by following a DVD of a Master Instructor. Note that these are **FREE** classes. So get together a few friends for some motivation and give them a try. Bookings are still required, and if no bookings are received by 30mins prior to the class, the class will be cancelled - as the studio needs to be set up for each class. If you have any suggestions for additional times, just let us know!

Please note that as from 1 May 2020, all Adult Group exercise classes will be charged accordingly. Please check class schedule. You may book-in for classes up to 30 days in advance, however if you book-in for a class and do not show for the class, or give less than 24hrs cancellation notice, a No Show fee will be charged to your account. Those who have had a No Show charge or Late Cancellation charge levied more than twice in 30 days will have their advance booking privileges withdrawn for 60 days. If the class is full through advanced booking, you may place your name on the waitlist and you will be called in the case of cancellations.

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

Yin 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.
Spinning Challenge	I/A	Spinning is a workout to challenge your cardio-vascular fitness and endurance!
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.
Body Sculpt	B	Tones and shapes key muscle groups with weight training and cardio workout.
Strengthen & Stretch Flow	M	This is a yoga workout class aimed to strengthen and to stretch your body. This is a perfect routine to wake up and kick start your day. You'll learn to properly align your body to make sure you are using the right muscles in the poses to prevent injury or strain.
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		Dance combines great dynamic music. Easy! Fun! Sweat! Dance! Anyone can Join the party!
Yoga	B	Perfect for those new to yoga, looking to deepen their practice or rediscover the key postures and flow of yoga, we will explore the foundations of yoga with emphasis on alignment, building strength, increasing flexibility and developing confidence and experience to create a strong practice

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