March Adult Group Fitness & Interest Classes Schedule

B=Beginners M=Multi-Level I=Intermediate A=Advanced

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00	08:00-08:45 Adult Class Spinning Challenge M **DVD Class**	08:00-08:45 Spinning M **DVD Class**	08:00-08:45 Adult Class Spinning Challenge M **DVD Class**	08:00-08:45 Spinning 73 M **DVD Class**	08:00-08:45 / 09:00-09:45 Spinning 73 M **DVD Class**		
09:00	09:00-10:00 Adult Class Pilates Mat M **DVD Class**	09:00-10:00 Adult Class Power Yoga M Corey	09:00-10:00 Adult Class Pilates Mat M **DVD Class**	09:30-10:30 Adult Class Stretching M Veebi	09:00-09:45 Body Shaping Jing	10:00-11:00 / 11:00-12:00 / 12:00-13:00 Junior Class Children Art Class	10:00-11:00 / 11:00-12:00 Spinning 73 M **DVD Class**
	10:15-11:15 Adult Class Gentle Flow B Falcon		09:00-09:45 Body Shaping M Jing			10:00-11:00 Junior Class Chinese Calligraphy Class	
10:00	11:15-12:15 Adult Class Zumba B Falcon	10:15-11:15 Adult Class Hatha Yoga M Corey	10:15-11:15 Adult Class Body Sculpt B Falcon	10:30-11:30 Adult Class Gentle Flow B Veebi	10:00-11:00 Adult Class Pilates Mat M **DVD Class**	11:00-12:00 Adult Class Chinese Calligraphy Class	10:00-11:30 / 11:30-13:00 Junior Class Karate
11:00		10:30-12:30 Adult Class Adult Art Class				09:00-14:15 Junior class Ballet / Jazz	
12:00		15:15-17:00 Junior Class Ballet					
13:00							
14:00	15:00-17:00 / 17:15-19:15 Junior Class Watercolor Painting Class	16:00-17:00 / 17:00-18:00 Junior Class Taekwondo					
15:00							
16:00		16:00-17:00 Adult Class Kendo					
17:00	15:15-19:30 Junior Class Ballet / Jazz	17:00-18:00 / 18:00-19:00 Junior Class Hapkido	14:15-19:15 Junior Class Ballet				
18:00		19:00-20:00 Adult Class Hapkido		18:00-20:00 Junior Class Karate			
19:00		17:30-18:30 Step B **DVD Class**	17:00-18:30 Junior Class Chess				
20:00	20:00-20:45 Body Shaping M Jing	20:00-21:00 Adult Class Pilates Mat M **DVD Class**					
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 Mar 2017, **all Adult Group exercise classes will be $40 per class**.*
You may book-in for classes up to 7 days in advance, however if you book-in for a class and do not show for the class, or give less than 2hrs cancellation notice, a $40 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 a cancellation.

For booking and enquires please call: 2657 8292 / Non-Members are welcome for causal drop-in classes: $110/class

April Adult Group Fitness & Interest Classes Schedule

B=Beginners M=Multi-Level I=Intermediate A=Advanced

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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09:00	09:00-10:00 Adult Class Pilates Mat M **DVD Class**	09:00-10:00 Adult Class Power Yoga M Corey	09:00-10:00 Adult Class Pilates Mat M **DVD Class**	09:30-10:30 Adult Class Stretching M Veebi **DVD class on 30th**	09:00-09:45 Body Shaping Jing	10:00-11:00 / 11:00-12:00 / 12:00-13:00 Junior Class Children Art Class	10:00-11:00 / 11:00-12:00 Spinning 73 M **DVD Class**
	10:15-11:15 Adult Class Gentle Flow B Falcon **DVD class on 13th**		09:00-09:45 Body Shaping M Jing			10:00-11:00 Junior Class Chinese Calligraphy Class	
10:00	11:15-12:15 Adult Class Zumba B Falcon **DVD class on 13th**	10:15-11:15 Adult Class Hatha Yoga M Corey	10:15-11:15 Adult Class Body Sculpt B Falcon	10:30-11:30 Adult Class Gentle Flow B Veebi **DVD class on 30th**	10:00-11:00 Adult Class Pilates Mat M **DVD Class**	11:00-12:00 Adult Class Chinese Calligraphy Class	10:00-11:30 / 11:30-13:00 Junior Class Karate
11:00		10:30-12:30 Adult Class Adult Art Class				09:00-14:15 Junior class Ballet / Jazz	
12:00		15:15-17:00 Junior Class Ballet					
13:00							
14:00	15:00-17:00 / 17:15-19:15 Junior Class Watercolor Painting Class	16:00-17:00 / 17:00-18:00 Junior Class Taekwondo					
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16:00		16:00-17:00 Adult Class Kendo					
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Adult Group Class Description

Zumba (By Falcon)	B	Zumba dance combines Latin and International music. Easy! Fun! Sweat! Dance! Anyone can Join the party!
Stretching	M	Stretching is suitable for people of all ages, and the benefits include, increased flexibility and joint range of motion, stress relief, improved circulation, better posture and enhanced coordination.
Spinning Challenge	I/A	A 45-minute workout to challenge your cardio-vascular fitness and endurance!
Body Shaping	M	The fastest way to tone and condition your body and get in shape! This is a full body conditioning class set to awesome music while you're motivated by your instructor to push you to your limit! Non-impact and moderate to high intensity.
Pilates Mat	M	A mat work class taught according to the principles of Pilates. The gentle but effective exercises strengthen your core abdominal and back muscles and are great for those looking for more stability and support in their body. Non-impact and low intensity.
Step	B	An introduction class to "Stepping", where all the basic moves in a Step class are taught. Progression from here will be Step 2. Low impact and intensity.
Body Sculpt	B	Tones and shapes key muscle groups with weight training and cardio workout.
Power Yoga	I/A	Power yoga moves and exercises have been invented to strengthen the whole body and develop a person's willpower. These workouts are known to burn calories, improve muscle mass, reduce fat and increase the Basal Metabolic Rate. Power yoga is an impressive form of practice with very stimulating styles. The core of Power yoga is about a vigorous workout that builds muscles and gets people to sweat. This form of yoga is not for calm, mild or moderate yoga students, but for those who love a strong, fast-paced workout.
Gentle Flow	B	A gentler and slower paced yoga which is suitable for people of all ages, body conditions and genders. Dynamic movement from one posture to another. Flows like a river to give a complete workout to the body. It helps to release stress and keep good health
Hatha Yoga	I	Intermediate. The most ancient, complete and popular form of yoga for mental and physical health. Hatha Yoga is a science of breathing, a science of purification and synchronization on the physical and mental dimension. Learn the ancient techniques of Asana (postures), Pranayama (breathing), Mudras (gestures), Bandhas (locks), Kriyas (cleansing) for good health, prosperity and self-realization

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