

PHILLIP WAIN GROUP CLASS SCHEDULE

21st - 27th JULY 2025

DATE	TIME	CLASS TYPE	LEVEL	INSTRUCTOR
MON 21st JULY		<u>GYM AREA</u>		
	7.00am - 8.00am	VINYASA FLOW YOGA	A-B	LILY YAP
	7.00am - 8.00am	STEP 2 IT	A-B	DANIEL HEW
	8.05am - 9.05am	POWER YOGA	A-B	LILY YONG
	9.45am - 10.45am	AERODANCE	A	ARY
	10.50am - 11.50am	FREESTYLE STEP	B-C	ARJIETE
	12.00pm - 1.00pm	PILATES FOR OSTEOPOROSIS	A-B	NIKI
	1.05pm - 2.05pm	STEP 2 IT	B-C	LIN
	6.25pm - 7.25pm	PILATES FOR OSTEOPOROSIS	B-C	NIKI
	7.30pm - 8.30pm	PUMP FX	A-B	SUFFIAN
TUE 22nd JULY	7.00am - 8.00am	PUMP FX	A-B	RON
	10.00am - 11.00am	STEP 2 IT	B-C	DANIEL HEW
	11.05am - 12.05pm	STEEL COMBAT	MULTI	DELON
	12.05pm - 1.05pm	TRX	A-B	DELON
	1.10pm - 2.10pm	*RESTORATIVE YOGA	A-B	LILY YAP
	2.30pm - 3.30pm	LATIN TECHNIQUE	A	CHARMENE
	6.25pm - 7.25pm	GYROKINESIS®	A-B	NIKI
	7.30pm - 8.30pm	FREESYTL X-POSE	MULTI	EMY
WED 23rd JULY	7.00am - 8.00am	AEROFIGHT	Multi	M DANIEL
	9.45am - 10.45am	AERODANCE	A	ARY
	10.50am - 11.50am	FREESTYLE STEP	B-C	ARJIETE
	11.55am - 12.55pm	POWER YOGA	B-C	FELICIA
	1.00pm - 2.00pm	PILATES WITH DYNABAND	A-B	NIKI
	6.30pm - 7.30pm	ZUMBA	A-B	RIME
	7.30pm - 8.30pm	CHI STRETCH	B-C	ARENE
THU 24th JULY	7.00am - 8.00am	PUMP FX	A-B	AI MEI
	10.00am - 11.00am	BEGINNER STEP	A	DANIEL HEW
	11.05am - 12.05pm	HIIT	A-B	DELON
	12.10pm - 1.10pm	ZUMBA	Multi	RIME
	1.15pm - 2.15pm	RESTORATIVE YOGA	A-B	LILY YONG #
	6.30pm - 7.30pm	HIIT WEIGHT TRAINING	A-B	LIZ
FRI 25th JULY	7.00am - 8.00am	STEP 2 IT	A-B	DENNIS
	9.45am - 10.45am	MAT PILATES	A-B	KEN LIM
	10.50am - 11.50pm	FREESYTL X-POSE	MULTI	EMY
	12.00pm - 1.15pm	GYROKINESIS®	A-B	NIKI
	6.00pm - 7.00pm	RESTORATIVE YOGA	A-B	LILY YAP
	7.00pm - 8.00pm	SOCIAL LATIN - PARTNER	A-B	DAREN
SAT 26th JULY	8.00am - 9.00am	HATHA YOGA	A-B	LILY YONG
	9.00am - 10.00am	AERIAL YOGA	B	JANE
	10.00am - 11.00am	SOCIAL LATIN - SOLO	A	DAREN
	11.05am - 12.05pm	ENERGY FLOW	A-B	CEDRIC
	12.05pm - 1.05pm	MAT PILATES	A-B	LILY YAP #
	1.05pm - 2.05pm	CARDIO HI LO	MULTI	ARENE
	2.10pm - 3.10pm	FREESYTL X-POSE	MULTI	EMY
SUN 27th JULY	11.00am - 12.00pm	*BODY TONING	A-B	FENDI
	12.05pm - 1.05pm	CARDIO HI LO	MULTI	ARENE
	1.10pm - 2.10pm	STEP 2 IT	B-C	DANIEL HEW
	3.00pm - 4.00pm	YIN YANG YOGA	A-B	LILY YAP
	4.05pm - 5.30pm	GYROKINESIS®	A-B	NIKI

ON LEAVE : SWEE KEONG (24/7), NIKI (26/7)


28th JULY - 3rd AUGUST 2025

DATE	TIME	CLASS TYPE	LEVEL	INSTRUCTOR
MON 28th JULY		<u>GYM AREA</u>		
	7.00am - 8.00am	VINYASA FLOW YOGA	A-B	LILY YAP
	7.00am - 8.00am	STEP 2 IT	A-B	DANIEL HEW
	8.05am - 9.05am	POWER YOGA	A-B	LILY YOGA
	9.45am - 10.45am	AERODANCE	A	ARY
	10.50am - 11.50am	FREESTYLE STEP	B-C	ARJIETE
	12.00pm - 1.00pm	PILATES WITH HAMMOCK	A-B	NIKI
	1.05pm - 2.05pm	STEP 2 IT	B-C	LIN
	6.25pm - 7.25pm	CHI STRETCH #	A-B	ARENE #
TUE 29th JULY	7.30pm - 8.30pm	PUMP FX	A-B	SUFFIAN
	7.00am - 8.00am	PUMP FX	A-B	RON
	10.00am - 11.00am	STEP 2 IT	B-C	DANIEL HEW
	11.05am - 12.05pm	STEEL COMBAT	MULTI	DELON
	12.05pm - 1.05pm	TRX	A-B	DELON
	1.10pm - 2.10pm	*BASIC HATHA YOGA	A-B	FELICIA
	2.30pm - 3.30pm	LATIN TECHNIQUE	A	CHARMENE
	6.25pm - 7.25pm	GYROKINESIS®	A-B	NIKI
	7.30pm - 8.30pm	FREESYTL X-POSE	MULTI	EMY
WED 30th JULY	7.00am - 8.00am	AEROFIGHT	Multi	M DANIEL
	9.45am - 10.45am	AERODANCE	A	ARY
	10.50am - 11.50am	FREESTYLE STEP	B-C	ARJIETE
	11.55am - 12.55pm	POWER YOGA	B-C	FELICIA
	1.00pm - 2.00pm	MYOFASCIAL RELEASE WITH BALL	A-B	NIKI
	6.30pm - 7.30pm	ZUMBA	A-B	RIME
	7.30pm - 8.30pm	CHI STRETCH	B-C	ARENE
THU 31st JULY	7.00am - 8.00am	PUMP FX	A-B	AI MEI
	10.00am - 11.00am	BEGINNER STEP	A	DANIEL HEW
	11.05am - 12.05pm	HIIT	A-B	DELON
	12.10pm - 1.10pm	ZUMBA	Multi	RIME
	1.15pm - 2.15pm	RESTORATIVE YOGA	A-B	CEDRIC #
	6.30pm - 7.30pm	HIIT WEIGHT TRAINING	A-B	LIZ
FRI 1st AUG	7.00am - 8.00am	STEP 2 IT	A-B	ETHAN
	9.45am - 10.45am	MAT PILATES	A-B	KEN LIM
	10.50am - 11.50am	FREESYTL X-POSE	MULTI	EMY
	12.00pm - 1.15pm	GYROKINESIS®	A-B	NIKI
	6.00pm - 7.00pm	RESTORATIVE YOGA	A-B	LILY YAP
	7.00pm - 8.00pm	SOCIAL LATIN - PARTNER	A-B	DAREN
SAT 2nd AUG	8.00am - 9.00am	HATHA YOGA	A-B	LILY YONG
	9.00am - 10.00am	AERIAL YOGA	B	JANE
	10.00am - 11.00am	SOCIAL LATIN - SOLO	A	DAREN
	11.05am - 12.05pm	ENERGY FLOW	A-B	CEDRIC
	12.05pm - 1.05pm	PILATES WITH MAGIC CIRCLE	A-B	NIKI
	1.05pm - 2.05pm	CARDIO HI LO	MULTI	ARENE
	2.10pm - 3.10pm	FREESYTL X-POSE	MULTI	EMY
SUN 3rd AUG	11.00am - 12.00pm	*AEROFIGHT	MULTI	M. DANIEL
	12.05pm - 1.05pm	CARDIO HI LO	MULTI	ARENE
	1.10pm - 2.10pm	STEP 2 IT	B-C	DANIEL HEW
	3.00pm - 4.00pm	YIN YANG YOGA	A-B	LILY YAP
	4.05pm - 5.30pm	GYROKINESIS®	A-B	NIKI

ON LEAVE : SWEE KEONG (31/8)

NOTICE :

- Restorative Yoga and Basic Hatha Yoga class is alternate class on every Tuesday at 1.15pm.
- Aerofight & Body Toning class is alternate class on every Sunday at 11am
- **THE COMPANY RESERVE THE RIGHT TO REPLACE OR CANCEL ANY OF THE CLASSES WHICH HAVE LOW ATTENDANCE (AVERAGE LOWER THAN 5)**

Note : = *Male Instructor**Level A = Beginner**Level B = Intermediate**Level C = Advance**TBC = To Be Confirmed**# = Replacement*