22nd - 28th DECEMBER 2025 DATE TIME **CLASS TYPE LEVEL INSTRUCTOR GYM AREA** 7.00am - 8.00am **VINYASA FLOW YOGA** A-B **LILY YAP** 7.00am - 8.00am STEP 2 IT Δ-R **DANIEL HEW** 8.05am - 9.05am **POWER YOGA** A-B **LILY YONG** MON 9.45am - 10.45am **AERODANCE** ARY Α 10.50am - 11.50am FREESTYLE STEP B-C **ARJIETE** 22nd DEC 12.00pm - 1.00pm **PILATES WITH DYNABAND** A-B NIKI 1.05pm - 2.05pm STEP 2 IT B-C LIN **PILATES WITH DYNABAND** NIKI 6.25pm - 7.25pm A-B 7.30pm - 8.30pm CORE POWER - ABS, BUTT & THIGH **CEDRIC** Δ-R RON 7.00am - 8.00am **PUMP FX** A-B в-с **DANIEL HEW** 10.00am - 11.00am STEP 2 IT TUE **MULTI DELON** 11.05am - 12.05pm STEEL COMBAT 12.05pm - 1.05pm TRX A-B **DELON** 23rd DEC *RESTORATIVE YOGA 1.10pm - 2.10pm A-B **LILY YAP** 6.25pm - 7.25pm **GYROKINESIS®** A-B NIKI FREESYTLE X-POSE MULTI **EMY** 7.30pm - 8.30pm 7.00am - 8.00am **AEROFIGHT** Multi **M DANIEL** 9.45am - 10.45am **AERODANCE ARY WED** 10.50am - 11.50am FREESTYLE STEP B-C **ARJIETE** 11.55am - 12.55pm **POWER YOGA** B-C **FELICIA** 24th DEC **PILATES WITH FITBALL** NIKI 1.00pm - 2.00pm A-B RIME 6.30pm - 7.30pm **ZUMBA** A-B 7.30pm - 8.30pm **CHI STRETCH** B-C **ARENE** merry christmos THU 25th DEC **CLUB WILL BE CLOSED** STEP 2 IT 7.00am - 8.00am A-B **DENNIS KEN LIM** 9.45am - 10.45am **MAT PILATES** A-B FRI 10.50am - 11.50pm FREESYTLE X-POSE **MULTI EMY** NIKI 26th DEC 12.00pm - 1.15pm **GYROKINESIS®** A-B 1.30pm - 2.30pm **CHARMENE LATIN TECHNIQUE** Α A-B **RESTORATIVE YOGA CANCEL** 5.50pm - 6.50pm 7.00pm - 8.00pm **SOCIAL LATIN - PARTNER** A-B **DAREN LILY YONG** 8.00am - 9.00am **HATHA YOGA** A-B 9.00am - 10.00am **AERIAL YOGA** В **JANE** SAT 10.00am - 11.00am **SOCIAL LATIN - SOLO** Α **DAREN** 27th DEC 11.05am - 12.05pm **ENERGY YOGA** A-B **CEDRIC** 12.05pm - 1.05pm **PILATES WITH FOAM ROLLER** A-B **CATHERINE** # MULTI 1.05pm - 2.05pm **CARDIO HI LO ARENE** 2.10pm - 3.10pm **FREESYTLE X-POSE** MULTI **EMY FENDI** 11.00am - 12.00pm *BODY TONING A-B 12.05pm - 1.05pm **CARDIO HI LO MULTI ARENE** SUN **DANIEL HEW** 28th DEC 1.10pm - 2.10pm STEP 2 IT B-C **YIN YANG YOGA CANCEL** 3.00pm - 4.00pm A-B **GYROKINESIS®** 4.05pm - 5.30pm A-B **CANCEL**

PHILLIP WAIN GROUP CLASS SCHEDULE

ON LEAVE: LILY YAP (26 & 28/12), NIKI (27 & 28/12)

29th DECEMBER 2025 - 4th JANUARY 2026				
DATE	TIME	CLASS TYPE	LEVEL	INSTRUCTOR
		GYM AREA		
	7.00am - 8.00am	VINYASA FLOW YOGA	A-B	CANCEL
	7.00am - 8.00am	STEP 2 IT	A-B	DANIEL HEW
	8.05am - 9.05am	POWER YOGA	A-B	LILY YONG
MON	9.45am - 10.45am	AERODANCE	Α	ARY
29th DEC	10.50am - 11.50am	FREESTYLE STEP	B-C	ARJIETE
	12.00pm - 1.00pm	PILATES	A-B	TBC
	1.05pm - 2.05pm	STEP 2 IT	B-C	LIN
	6.25pm - 7.25pm	CHI STRETCH #	A-B	ARENE#
	7.30pm - 8.30pm	CORE POWER - ABS, BUTT & THIGH	A-B	CEDRIC
	7.00am - 8.00am	PUMP FX	A-B	RON
	10.00am - 11.00am	STEP 2 IT	B-C	DANIEL HEW
TUE	11.00am - 12.00pm	STEEL COMBAT	MULTI	DELON
30th DEC	12.00pm - 1.00pm	TRX	A-B	DELON
	1.10pm - 2.10pm	*BASIC HATHA YOGA	A-B	FELICIA
	7.30pm - 8.30pm	FREESYTLE X-POSE	MULTI	EMY
	7.00am - 8.00am	AEROFIGHT	Multi	M DANIEL
	9.45am - 10.45am	AERODANCE	Α	ARY
WED	10.50am - 11.50am	FREESTYLE STEP	B-C	ARJIETE
31st DEC	11.55am - 12.55pm	POWER YOGA	A-B	FELICIA
	1.00pm - 2.00pm	PILATES	A-B	CATHERINE #
	6.30pm - 7.30pm	ZUMBA	A-B	RIME
	7.30pm - 8.30pm	CHI STRETCH	B-C	ARENE
THU 1st JAN	CLUB WILL BE CLOSED	PAPPY NEW YEAR!		
	7.00am - 8.00am	STEP 2 IT	A-B	ETHAN
	9.45am - 10.45am			EIHAN
FRI		MAT PILATES	A-B	KEN LIM
FKI	10.50am - 11.50pm	MAT PILATES FREESYTLE X-POSE	A-B MULTI	
2nd JAN	10.50am - 11.50pm 12.00pm - 1.15pm			KEN LIM
	·	FREESYTLE X-POSE	MULTI	KEN LIM EMY
	12.00pm - 1.15pm	FREESYTLE X-POSE GYROKINESIS®	MULTI A-B	KEN LIM EMY NIKI
	12.00pm - 1.15pm 1.30pm - 2.30pm	FREESYTLE X-POSE GYROKINESIS® LATIN TECHNIQUE	MULTI A-B A	KEN LIM EMY NIKI CHARMENE
	12.00pm - 1.15pm 1.30pm - 2.30pm 5.50pm - 6.50pm	FREESYTLE X-POSE GYROKINESIS® LATIN TECHNIQUE RESTORATIVE YOGA	MULTI A-B A A-B	KEN LIM EMY NIKI CHARMENE TBC
	12.00pm - 1.15pm 1.30pm - 2.30pm 5.50pm - 6.50pm 7.00pm - 8.00pm	FREESYTLE X-POSE GYROKINESIS® LATIN TECHNIQUE RESTORATIVE YOGA SOCIAL LATIN - PARTNER	MULTI A-B A A-B A-B	KEN LIM EMY NIKI CHARMENE TBC DAREN
	12.00pm - 1.15pm 1.30pm - 2.30pm 5.50pm - 6.50pm 7.00pm - 8.00pm 8.00am - 9.00am	FREESYTLE X-POSE GYROKINESIS® LATIN TECHNIQUE RESTORATIVE YOGA SOCIAL LATIN - PARTNER HATHA YOGA	MULTI A-B A A-B A-B A-B	KEN LIM EMY NIKI CHARMENE TBC DAREN LILY YONG
2nd JAN	12.00pm - 1.15pm 1.30pm - 2.30pm 5.50pm - 6.50pm 7.00pm - 8.00pm 8.00am - 9.00am 9.00am - 10.00am	FREESYTLE X-POSE GYROKINESIS® LATIN TECHNIQUE RESTORATIVE YOGA SOCIAL LATIN - PARTNER HATHA YOGA AERIAL YOGA	MULTI A-B A A-B A-B B	KEN LIM EMY NIKI CHARMENE TBC DAREN LILY YONG JANE
2nd JAN SAT	12.00pm - 1.15pm 1.30pm - 2.30pm 5.50pm - 6.50pm 7.00pm - 8.00pm 8.00am - 9.00am 9.00am - 10.00am 10.00am - 11.00am	FREESYTLE X-POSE GYROKINESIS® LATIN TECHNIQUE RESTORATIVE YOGA SOCIAL LATIN - PARTNER HATHA YOGA AERIAL YOGA SOCIAL LATIN - SOLO	MULTI A-B A A-B A-B A-B A-B A-B A-B	KEN LIM EMY NIKI CHARMENE TBC DAREN LILY YONG JANE DAREN
2nd JAN	12.00pm - 1.15pm 1.30pm - 2.30pm 5.50pm - 6.50pm 7.00pm - 8.00pm 8.00am - 9.00am 9.00am - 10.00am 10.00am - 11.00am 11.05am - 12.05pm	FREESYTLE X-POSE GYROKINESIS® LATIN TECHNIQUE RESTORATIVE YOGA SOCIAL LATIN - PARTNER HATHA YOGA AERIAL YOGA SOCIAL LATIN - SOLO ENERGY YOGA	MULTI A-B A A-B A-B B A A-B B A-B	KEN LIM EMY NIKI CHARMENE TBC DAREN LILY YONG JANE DAREN CEDRIC
2nd JAN	12.00pm - 1.15pm 1.30pm - 2.30pm 5.50pm - 6.50pm 7.00pm - 8.00pm 8.00am - 9.00am 9.00am - 10.00am 10.00am - 11.00am 11.05am - 12.05pm 12.05pm - 1.05pm	FREESYTLE X-POSE GYROKINESIS® LATIN TECHNIQUE RESTORATIVE YOGA SOCIAL LATIN - PARTNER HATHA YOGA AERIAL YOGA SOCIAL LATIN - SOLO ENERGY YOGA PILATES WITH MAGIC CIRCLE	MULTI A-B A A-B A-B B A A-B A A-B B A A-B	KEN LIM EMY NIKI CHARMENE TBC DAREN LILY YONG JANE DAREN CEDRIC NIKI
2nd JAN	12.00pm - 1.15pm 1.30pm - 2.30pm 5.50pm - 6.50pm 7.00pm - 8.00pm 8.00am - 9.00am 9.00am - 10.00am 10.00am - 11.00am 11.05am - 12.05pm 12.05pm - 1.05pm	FREESYTLE X-POSE GYROKINESIS® LATIN TECHNIQUE RESTORATIVE YOGA SOCIAL LATIN - PARTNER HATHA YOGA AERIAL YOGA SOCIAL LATIN - SOLO ENERGY YOGA PILATES WITH MAGIC CIRCLE CARDIO HI LO	MULTI A-B A-B A-B B A-B A-B A-B MULTI	KEN LIM EMY NIKI CHARMENE TBC DAREN LILY YONG JANE DAREN CEDRIC NIKI ARENE
2nd JAN	12.00pm - 1.15pm 1.30pm - 2.30pm 5.50pm - 6.50pm 7.00pm - 8.00pm 8.00am - 9.00am 9.00am - 10.00am 10.00am - 11.00am 11.05am - 12.05pm 12.05pm - 1.05pm 1.05pm - 2.05pm 2.10pm - 3.10pm	FREESYTLE X-POSE GYROKINESIS® LATIN TECHNIQUE RESTORATIVE YOGA SOCIAL LATIN - PARTNER HATHA YOGA AERIAL YOGA SOCIAL LATIN - SOLO ENERGY YOGA PILATES WITH MAGIC CIRCLE CARDIO HI LO FREESTYLE X-POSE	MULTI A-B A A-B A-B B A A-B A-B MULTI MULTI	KEN LIM EMY NIKI CHARMENE TBC DAREN LILY YONG JANE DAREN CEDRIC NIKI ARENE EMY
2nd JAN SAT 3rd JAN	12.00pm - 1.15pm 1.30pm - 2.30pm 5.50pm - 6.50pm 7.00pm - 8.00pm 8.00am - 9.00am 9.00am - 10.00am 10.00am - 11.00am 11.05am - 12.05pm 12.05pm - 1.05pm 2.10pm - 3.10pm 11.00am - 12.00pm	FREESYTLE X-POSE GYROKINESIS® LATIN TECHNIQUE RESTORATIVE YOGA SOCIAL LATIN - PARTNER HATHA YOGA AERIAL YOGA SOCIAL LATIN - SOLO ENERGY YOGA PILATES WITH MAGIC CIRCLE CARDIO HI LO FREESTYLE X-POSE BODY SCULPT	MULTI A-B A A-B A-B B A A-B A-B MULTI MULTI A-B	KEN LIM EMY NIKI CHARMENE TBC DAREN LILY YONG JANE DAREN CEDRIC NIKI ARENE EMY CEDRIC
2nd JAN SAT 3rd JAN SUN	12.00pm - 1.15pm 1.30pm - 2.30pm 5.50pm - 6.50pm 7.00pm - 8.00pm 8.00am - 9.00am 9.00am - 10.00am 10.00am - 11.00am 11.05am - 12.05pm 12.05pm - 1.05pm 2.10pm - 3.10pm 11.00am - 12.00pm 12.05pm - 1.05pm	FREESYTLE X-POSE GYROKINESIS® LATIN TECHNIQUE RESTORATIVE YOGA SOCIAL LATIN - PARTNER HATHA YOGA AERIAL YOGA SOCIAL LATIN - SOLO ENERGY YOGA PILATES WITH MAGIC CIRCLE CARDIO HI LO FREESTYLE X-POSE BODY SCULPT CARDIO HI LO	MULTI A-B A A-B A-B B A-B A-B A-B MULTI MULTI A-B MULTI	KEN LIM EMY NIKI CHARMENE TBC DAREN LILY YONG JANE DAREN CEDRIC NIKI ARENE EMY CEDRIC ARENE

ON LEAVE : LILY YAP (29/12/25-4/1/26), NIKI (29-31/12)

NOTICE:

- Restorative Yoga and Basic Hatha Yoga class is alternate class on every Tuesday at 1.15pm.
- 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