

# PHILLIP WAIN GROUP CLASS SCHEDULE

15th - 21st JUNE 2026

DATE	TIME	CLASS TYPE	LEVEL	INSTRUCTOR
MON 15th JUNE	<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
	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	A-B	NIKI
TUE 16th JUNE	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	LIN #
	11.05am - 12.05pm	HIIT	MULTI	DELON
	12.05pm - 1.05pm	TRX	A-B	DELON
	1.10pm - 2.10pm	*RESTORATIVE YOGA	A-B	LILY YAP
WED 17th JUNE	6.25pm - 7.25pm	GYROKINESIS®	A-B	NIKI
	PUBLIC HOLIDAY: AWAL MUHARRAM OPERATION HOUR: 10.00AM - 7.00PM			
	10.00am - 11.00am	AERODANCE	A	ARY
	11.00am - 12.00pm	FREESTYLE STEP	B-C	ARJIETE
	12.00pm - 1.00pm	ZUMBA	B-C	RIME #
THU 18th JUNE	1.00pm - 2.00pm	PILATES WITH MAGIC CIRCLE	A-B	NIKI
	7.00am - 8.00am	PUMP FX	A-B	DAVID
	10.00am - 11.00am	BEGINNER STEP	A	DANIEL HEW
	11.05am - 12.05pm	BODY SCULPT	A-B	CEDRIC
	12.10pm - 1.10pm	ZUMBA	Multi	RIME
	1.15pm - 2.15pm	VINYASA FLOW YOGA #	A-B	LILY YONG #
FRI 19th JUNE	6.30pm - 7.30pm	HIIT WEIGHT TRAINING	A-B	LIZ
	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
	1.30pm - 2.30pm	LATIN TECHNIQUE	A	CHARMENE
	5.50pm - 6.50pm	YIN STRETCH	A-B	LILY YAP
SAT 20th JUNE	7.00pm - 8.00pm	SOCIAL LATIN - PARTNER	A-B	DAREN
	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 YOGA	A-B	CEDRIC
	12.05pm - 1.05pm	PILATES WITH DYNABAND	A-B	NIKI
	1.05pm - 2.05pm	CARDIO HI LO	MULTI	ARENE
SUN 21st JUNE	2.10pm - 3.10pm	FREESYTL X-POSE	MULTI	EMY
	11.00am - 12.00pm	*AEROFIGHT	A-B	M. DANIEL
	12.05pm - 1.05pm	CARDIO HI LO	MULTI	ARENE
	1.10pm - 2.10pm	STEP 2 IT	B-C	DANIEL HEW
	2.50pm - 3.50pm	YIN YANG YOGA	A-B	LILY YAP
4.00pm - 5.00pm	GYROKINESIS®	A-B	NIKI	

ON LEAVE : SWEE KEONG (11/6), ETHAN (12/6), DAREN (13/6)

## 22nd - 28th JUNE 2026


DATE	TIME	CLASS TYPE	LEVEL	INSTRUCTOR
MON 22nd JUNE		<b>GYM AREA</b>		
	7.00am - 8.00am	VINYASA FLOW YOGA	A-B	LILY YAP
	7.00am - 8.00am	STEP 2 IT	A-B	DANIEL HEW
	9.45am - 10.45am	AERODANCE	A	ARY
	10.50am - 11.50am	STEP SCULPT	B-C	ARJIETE
	12.00pm - 1.00pm	PILATES WITH FITBALL	A-B	NIKI
	1.05pm - 2.05pm	STEP 2 IT	B-C	LIN
	6.25pm - 7.25pm	PILATES WITH FITBALL	A-B	NIKI
	7.30pm - 8.30pm	CORE POWER - ABS, BUTT & THIGH	A-B	CEDRIC
TUE 23rd JUNE	7.00am - 8.00am	*TRX	A-B	DAVID
	10.00am - 11.00am	STEP 2 IT	B-C	DANIEL HEW
	11.05am - 12.05pm	HIIT	MULTI	DELON
	12.05pm - 1.05pm	TRX	A-B	DELON
	1.10pm - 2.10pm	*BASIC HATHA YOGA	A-B	FELICIA
	6.25pm - 7.25pm	GYROKINESIS®	A-B	NIKI
WED 24th JUNE	7.00am - 8.00am	AEROFIGHT	Multi	M DANIEL
	8.40am - 9.40am	LINE DANCE	A-B	POOI KUAN
	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 CHIBALL	A-B	NIKI
	6.15pm - 7.15pm	ZUMBA	A-B	RIME
	7.30pm - 8.30pm	CHI STRETCH	B-C	ARENE
THU 25th JUNE	7.00am - 8.00am	PUMP FX	A-B	DAVID
	10.00am - 11.00am	BEGINNER STEP	A	DANIEL HEW
	11.05am - 12.05pm	BODY SCULPT	A-B	CEDRIC
	12.10pm - 1.10pm	ZUMBA	Multi	RIME
	1.15pm - 2.15pm	ENERGY YOGA #	A-B	CEDRIC #
	6.30pm - 7.30pm	HIIT WEIGHT TRAINING	A-B	LIZ
FRI 26th JUNE	7.00am - 8.00am	STEP 2 IT	A-B	DENNIS
	9.45am - 10.45am	MAT PILATES	A-B	KEN LIM
	10.50am - 11.50pm	FREESYTLX X-POSE	MULTI	EMY
	12.00pm - 1.15pm	GYROKINESIS®	A-B	NIKI
	1.30pm - 2.30pm	LATIN TECHNIQUE	A	CHARMENE
	5.50pm - 6.50pm	YIN STRETCH	A-B	LILY YAP
	7.00pm - 8.00pm	SOCIAL LATIN - PARTNER	A-B	DAREN
SAT 27th JUNE	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 YOGA	A-B	CEDRIC
	12.05pm - 1.05pm	PILATES WITH FOAM ROLLER	A-B	NIKI
	1.05pm - 2.05pm	CARDIO HI LO	MULTI	ARENE
	2.10pm - 3.10pm	FREESYTLX X-POSE	MULTI	EMY
SUN 28th JUNE	11.00am - 12.00pm	*CIRCUIT TRAINING	A-B	NADIA
	12.05pm - 1.05pm	CARDIO HI LO	MULTI	ARENE
	1.10pm - 2.10pm	STEP 2 IT	B-C	DANIEL HEW
	2.50pm - 3.50pm	YIN YANG YOGA	A-B	LILY YAP
	4.00pm - 5.00pm	GYROKINESIS®	A-B	NIKI

ON LEAVE : SWEE KEONG (25/6)

**NOTICE :**

- Pump Fx & TRX class is alternate class on every Tuesday at 7am.
- Restorative Yoga and Basic Hatha Yoga class is alternate class on every Tuesday at 1.15pm.
- Circuit training & Aerofight 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*