


PHILLIP WAIN GROUP CLASS SCHEDULE

27th JANUARY - 2nd FEBRUARY 2025

DATE	TIME	CLASS TYPE	LEVEL	INSTRUCTOR
MON 27th JAN		<u>GYM AREA</u> VINYASA FLOW YOGA	A-B	LILY YAP
	7.00am - 8.00am	STEP 2 IT	A-B	DANIEL HEW
	7.00am - 8.00am	POWER YOGA	A-B	CANCEL
	8.05am - 9.05am	AERODANCE	A	ARY
	9.45am - 10.45am	FREESTYLE STEP	B-C	DANIEL HEW #
	10.50am - 11.50am	ENERGY FLOW #	A-B	CEDRIC #
	12.00pm - 1.00pm	STEP 2 IT	B-C	LIN
	1.05pm - 2.05pm	CHI STRETCH #	A-B	ARENE #
	6.25pm - 7.25pm	PUMP FX	A-B	SUFFIAN
7.30pm - 8.30pm	PUMP FX	A-B	CANCEL	
TUE 28th JAN	7.00am - 8.00am	STEP 2 IT	B-C	DANIEL HEW
	10.00am - 11.00am	STEEL COMBAT	MULTI	DELON
	11.05am - 12.05pm	TRX	A-B	DELON
	12.05pm - 1.05pm	*BASIC HATHA YOGA	A-B	CANCEL
	1.10pm - 2.10pm	LATIN TECHNIQUE	A	CHARMENE
	2.30pm - 3.30pm			
WED 29th JAN	THU 30th JAN			
FRI 31st JAN	7.00am - 8.00am	STEP 2 IT	A-B	DENNIS
	9.45am - 10.45am	MAT PILATES	A-B	KEN LIM
	10.50am - 12.20pm	FREESYTLTLE X-POSE	MULTI	EMY
	6.00pm - 7.00pm	RESTORATIVE YOGA	A-B	LILY YAP
	7.00pm - 8.00pm	SOCIAL LATIN - PARTNER	A-B	DAREN
SAT 1st FEB	8.00am - 9.00am	HATHA YOGA #	A-B	JANE #
	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	FREESTYLE X-POSE	MULTI	EMY
SUN 2nd FEB	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 - 4.30pm	YIN YANG YOGA	A-B	LILY YAP

ON LEAVE : NIKI (27/1 - 2/2), ARJIETE (27 /1), FELICIA (28/1), LILY YONG (25/1 - 2/2/)

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

