

PHILLIP WAIN GROUP CLASS SCHEDULE

16th - 22nd DECEMBER 2024

DATE	TIME	CLASS TYPE	LEVEL	INSTRUCTOR
MON 16th DEC	<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	MYOFASCIAL RELEASE WITH BALL	A-B	NIKI
	1.05pm - 2.05pm	STEP 2 IT	B-C	ARJIETE #
	6.25pm - 7.25pm	MYOFASCIAL RELEASE WITH BALL	A-B	NIKI
	7.30pm - 8.30pm	PUMP FX	A-B	SUFFIAN
TUE 17th DEC	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	K-POP MIX-DANCE	MULTI	CATHY
WED 18th DEC	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 CHIBALL	A-B	NIKI
	6.30pm - 7.30pm	ZUMBA	A-B	RIME
	7.30pm - 8.30pm	CHI STRETCH	B-C	ARENE
THU 19th DEC	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	SWEE KEONG
	6.30pm - 7.30pm	HIIT WEIGHT TRAINING	A-B	LIZ
FRI 20th DEC	7.00am - 8.00am	STEP 2 IT	A-B	DENNIS
	9.45am - 10.45am	MAT PILATES	A-B	KEN LIM
	10.50am - 11.50pm	FREESYTLTLE 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 21st DEC	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 TOWEL	A-B	NIKI
	1.05pm - 2.05pm	CARDIO HI LO	MULTI	ARENE
	2.10pm - 3.10pm	FREESTYLE X-POSE	MULTI	EMY
SUN 22nd DEC	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 : LIN (16/12)

23rd - 29th DECEMBER 2024


DATE	TIME	CLASS TYPE	LEVEL	INSTRUCTOR
MON 23rd DEC	<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	Multi	ARY
	10.50am - 11.50am	FREESTYLE STEP	B-C	DANIEL HEW #
	12.00pm - 1.00pm	PILATES FOR OSTEOPOROSIS	A-B	NIKI
	1.05pm - 2.05pm	STEP 2 IT	B-C	DANIEL HEW #
	6.25pm - 7.25pm	PILATES FOR OSTEOPOROSIS	A-B	NIKI
7.30pm - 8.30pm	PUMP FX	A-B	SUFFIAN	
TUE 24th DEC	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	K-POP MIXDANCE	MULTI	CATHY
WED 25th DEC	 <p style="text-align: center;">CLUB WILL BE CLOSED</p>			
THU 26th DEC	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	SWEE KEONG
	6.30pm - 7.30pm	HIIT WEIGHT TRAINING	A-B	LIZ
FRI 27th DEC	7.00am - 8.00am	STEP 2 IT	A-B	DENNIS
	9.45am - 10.45am	MAT PILATES	A-B	KEN LIM
	10.50am - 11.50am	FREESYTLTLE X-POSE	MULTI	EMY
	12.00pm - 1.15pm	ENERGY FLOW	A-B	CEDRIC #
	6.00pm - 7.00pm	RESTORATIVE YOGA	A-B	LILY YAP
	7.00pm - 8.00pm	SOCIAL LATIN - PARTNER	A-B	DAREN
SAT 28th DEC	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	FREESYTLTLE X-POSE	MULTI	EMY
SUN 29th DEC	11.00am - 12.00pm	*BODY TONING	MULTI	FENDI
	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 : LIN (23/12), ARJIETE (23/12), NIKI (27/12)

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