PHILLIP WAIN GROUP CLASS SCHEDULE

DATE	14th FEBRUARY - 2nd MARCH 2025						
1.00mm - 8.00am	DATE	TIME	CLASS TYPE	LEVEL	INSTRUCTOR		
			GYM AREA				
### ACT ### AC		7.00am - 8.00am	VINYASA FLOW YOGA	A-B	LILY YAP		
MON 24th FEB 10.50sm - 11.50sm FREESTYLE STEP B-C ARJIETE 1.00pm - 10.00pm PILATES WITH TRX A-B NIKI 1.05pm - 2.05pm STEP 21T B-C LIN NIKI 1.05pm - 2.05pm PILATES WITH TRX A-B NIKI 1.05pm - 2.05pm PILATES WITH TRX A-B NIKI 1.05pm - 2.05pm PILATES WITH TRX A-B SUFFIAN PILATES WITH TRX A-B NIKI 1.05pm - 2.05pm PILATES WITH TRX A-B SUFFIAN PILATES WITH TRX A-B DELON TILATES WITH TRX A-B DELON TILATES WITH TRX A-B DELON PILATES WITH TRX A-B PILATES WITH TRX WI		7.00am - 8.00am	STEP 2 IT	A-B	DANIEL HEW		
10.50am - 11.50am		8.05am - 9.05am	POWER YOGA	A-B	LILY YONG		
12.00pm - 1.00pm	MON	9.45am - 10.45am	AERODANCE	Α	ARY		
1.05pm - 2.05pm	24th FEB	10.50am - 11.50am	FREESTYLE STEP	B-C	ARJIETE		
S.25pm - 7.25pm		12.00pm - 1.00pm	PILATES WITH TRX	A-B	NIKI		
7.30pm - 8.30pm		1.05pm - 2.05pm	STEP 2 IT	B-C	LIN		
7.00am - 8.00am		6.25pm - 7.25pm	PILATES WITH TRX	A-B	NIKI		
		7.30pm - 8.30pm	PUMP FX	A-B	SUFFIAN		
10.00am - 11.00am		·		A-B	RON		
TUE 25th FEB 1.10pm - 2.10pm		10.00am - 11.00am		B-C	DANIEL HEW		
25th FEB		11.05am - 12.05pm	STEEL COMBAT	MULTI	DELON		
25th FEB	TUF	-		А-В	DELON		
2.30pm - 3.30pm		·					
7.30pm - 8.30pm FREESTYLE X-POSE # MULTI EMY # 7.00am - 8.00am AEROFIGHT Multi M DANIEL 9.45am - 10.45am AERODANCE A ARY 9.45am - 10.45am FREESTYLE STEP B-C ARJIETE 10.50am - 11.50am FREESTYLE STEP B-C ARJIETE 1.00pm - 2.00pm MAT PILATES A-B NIKI 6.30pm - 7.30pm ZUMBA A-B RIME 7.30am - 8.30pm CHI STRETCH B-C ARENE 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 27th FEB 12.10pm - 1.10pm ZUMBA Multi RIME 1.15pm - 2.15pm ENERGY FLOW # A-B CEDRIC # 6.30pm - 7.30pm HIIT WEIGHT TRAINING A-B LIZ 7.00am - 8.00am STEP 2 IT A-B DENNIS 45th FEB 10.55am - 10.55am MAT PILATES A-B				Α	CHARMENE		
T.00am - 8.00am AEROFIGHT Multi M DANIEL		6.25pm - 7.25pm	GYROKINESIS®	A-B	NIKI		
Substitute		7.30pm - 8.30pm	FREESTYLE X-POSE #	MULTI	EMY#		
WED		7.00am - 8.00am	AEROFIGHT	Multi	M DANIEL		
11.55am - 12.55pm		9.45am - 10.45am	AERODANCE	Α	ARY		
1.00pm - 2.00pm	WED	10.50am - 11.50am	FREESTYLE STEP	B-C	ARJIETE		
Color	26th FEB	11.55am - 12.55pm	POWER YOGA	B-C	FELICIA		
7.30pm - 8.30pm		1.00pm - 2.00pm	MAT PILATES	A-B	NIKI		
Thu	1	6.30pm - 7.30pm	ZUMBA	A-B	RIME		
THU 11.05am - 12.05pm		7.30pm - 8.30pm	CHI STRETCH	B-C	ARENE		
THU 11.05am - 12.05pm		7.00am - 8.00am	PUMP FX	A-B	AI MEI		
12.10pm - 1.10pm		10.00am - 11.00am	BEGINNER STEP	Α	DANIEL HEW		
1.15pm - 2.15pm		11.05am - 12.05pm	HIIT	A-B	DELON		
FRI		12.10pm - 1.10pm	ZUMBA	Multi	RIME		
T.00am - 8.00am		1.15pm - 2.15pm	ENERGY FLOW #	A-B	CEDRIC #		
9.45am - 10.45am MAT PILATES A-B KEN LIM		6.30pm - 7.30pm	HIIT WEIGHT TRAINING	A-B	LIZ		
FRI 10.50am - 11.50am FREESYTLE X-POSE MULTI EMY 28th FEB 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 8.00am - 9.00am HATHA YOGA A-B LILY YONG 9.00am - 10.00am AERIAL YOGA B JANE SAT 10.00am - 11.00am SOCIAL LATIN - SOLO A DAREN 1st MAR 11.05am - 12.05pm ENERGY FLOW A-B CEDRIC 12.05pm - 1.05pm PILATES WITH FITBALL A-B NIKI 1.05pm - 2.05pm CARDIO HI LO MULTI ARENE 2.10pm - 3.10pm FREESYTLE X-POSE MULTI EMY 11.00am - 12.00pm *AEROFIGHT MULTI M. DANIEL SUN 12.05pm - 1.05pm CARDIO HI LO MULTI ARENE 2nd MAR 1.10pm - 2.10pm STEP 2 IT B-C DANIEL HEW 3.00pm - 4.00pm YIN YANG YOGA <td< td=""><td rowspan="6"></td><td>7.00am - 8.00am</td><td>STEP 2 IT</td><td>A-B</td><td>DENNIS</td></td<>		7.00am - 8.00am	STEP 2 IT	A-B	DENNIS		
28th FEB 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 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 FITBALL A-B NIKI 1.05pm - 2.05pm CARDIO HI LO MULTI ARENE 2.10pm - 3.10pm FREESYTLE X-POSE MULTI EMY SUN 11.00am - 12.00pm *AEROFIGHT MULTI M. DANIEL SUN 12.05pm - 1.05pm CARDIO HI LO MULTI ARENE 2nd MAR 1.10pm - 2.10pm STEP 2 IT B-C DANIEL HEW 3.00pm - 4.00pm YIN YANG YOGA A-B LILY YAP		9.45am - 10.45am	MAT PILATES	A-B	KEN LIM		
6.00pm - 7.00pm RESTORATIVE YOGA A-B LILY YAP		10.50am - 11.50am	FREESYTLE X-POSE	MULTI	EMY		
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 1st MAR		12.00pm - 1.15pm	GYROKINESIS®	A-B	NIKI		
SAT 10.00am - 10.00am SOCIAL LATIN - SOLO A DAREN		6.00pm - 7.00pm	RESTORATIVE YOGA	A-B	LILY YAP		
SAT 9.00am - 10.00am AERIAL YOGA B JANE 1st MAR 10.00am - 11.00am SOCIAL LATIN - SOLO A DAREN 1st MAR 11.05am - 12.05pm ENERGY FLOW A-B CEDRIC 12.05pm - 1.05pm PILATES WITH FITBALL A-B NIKI 1.05pm - 2.05pm CARDIO HI LO MULTI ARENE 2.10pm - 3.10pm FREESYTLE X-POSE MULTI EMY 11.00am - 12.00pm *AEROFIGHT MULTI M. DANIEL SUN 12.05pm - 1.05pm CARDIO HI LO MULTI ARENE 2nd MAR 1.10pm - 2.10pm STEP 2 IT B-C DANIEL HEW 3.00pm - 4.00pm YIN YANG YOGA A-B LILY YAP		7.00pm - 8.00pm	SOCIAL LATIN - PARTNER	А-В	DAREN		
SAT 10.00am - 11.00am SOCIAL LATIN - SOLO A DAREN 1st MAR 11.05am - 12.05pm ENERGY FLOW A-B CEDRIC 12.05pm - 1.05pm PILATES WITH FITBALL A-B NIKI 1.05pm - 2.05pm CARDIO HI LO MULTI ARENE 2.10pm - 3.10pm FREESYTLE X-POSE MULTI EMY SUN 11.00am - 12.00pm *AEROFIGHT MULTI M. DANIEL SUN 12.05pm - 1.05pm CARDIO HI LO MULTI ARENE 2nd MAR 1.10pm - 2.10pm STEP 2 IT B-C DANIEL HEW 3.00pm - 4.00pm YIN YANG YOGA A-B LILY YAP		8.00am - 9.00am	HATHA YOGA	A-B	LILY YONG		
1st MAR 11.05am - 12.05pm ENERGY FLOW A-B CEDRIC 12.05pm - 1.05pm PILATES WITH FITBALL A-B NIKI 1.05pm - 2.05pm CARDIO HI LO MULTI ARENE 2.10pm - 3.10pm FREESYTLE X-POSE MULTI EMY 11.00am - 12.00pm *AEROFIGHT MULTI M. DANIEL SUN 12.05pm - 1.05pm CARDIO HI LO MULTI ARENE 2nd MAR 1.10pm - 2.10pm STEP 2 IT B-C DANIEL HEW 3.00pm - 4.00pm YIN YANG YOGA A-B LILY YAP		9.00am - 10.00am	AERIAL YOGA	В	JANE		
12.05pm - 1.05pm	SAT	10.00am - 11.00am	SOCIAL LATIN - SOLO	Α	DAREN		
12.05pm - 1.05pm	1st MAR	11.05am - 12.05pm	ENERGY FLOW	A-B	CEDRIC		
1.05pm - 2.05pm		•		A-B	NIKI		
2.10pm - 3.10pm FREESYTLE X-POSE MULTI EMY 11.00am - 12.00pm *AEROFIGHT MULTI M. DANIEL SUN 12.05pm - 1.05pm CARDIO HI LO MULTI ARENE 2nd MAR 1.10pm - 2.10pm STEP 2 IT B-C DANIEL HEW 3.00pm - 4.00pm YIN YANG YOGA A-B LILY YAP							
SUN 12.05pm - 1.05pm *AEROFIGHT MULTI M. DANIEL 2nd MAR 1.10pm - 2.10pm CARDIO HI LO MULTI ARENE 2nd MAR 1.10pm - 2.10pm STEP 2 IT B-C DANIEL HEW 3.00pm - 4.00pm YIN YANG YOGA A-B LILY YAP							
SUN 12.05pm - 1.05pm CARDIO HI LO MULTI ARENE 2nd MAR 1.10pm - 2.10pm STEP 2 IT B-C DANIEL HEW 3.00pm - 4.00pm YIN YANG YOGA A-B LILY YAP		•					
2nd MAR 1.10pm - 2.10pm STEP 2 IT B-C DANIEL HEW 3.00pm - 4.00pm YIN YANG YOGA A-B LILY YAP	SUN	•					
3.00pm - 4.00pm YIN YANG YOGA A-B LILY YAP		·		_			
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TOOPIII OOOPIII OITOMIILOOO I AD I MINI		4.05pm - 5.30pm	GYROKINESIS®	A-B	NIKI		

ON LEAVE: SWEE KEONG (27/2)

3rd - 9th MARCH 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	A-B	DANIEL HEW			
	8.05am - 9.05am	POWER YOGA	A-B	LILY YONG			
MON	9.45am - 10.45am	AERODANCE	Α	ARY			
3rd MAR	10.50am - 11.50am	FREESTYLE STEP	B-C	ARJIETE			
	12.00pm - 1.00pm	PILATES WITH FOAM ROLLER	A-B	NIKI			
	1.05pm - 2.05pm	STEP 2 IT	B-C	LIN			
	6.25pm - 7.25pm	PILATES WITH FOAM ROLLER	A-B	NIKI			
	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			
TUE	11.05am - 12.05pm	STEEL COMBAT	MULTI	DELON			
4th MAR	12.05pm - 1.05pm	TRX	A-B	DELON			
	1.10pm - 2.10pm	*RESTORATIVE YOGA	A-B	LILY YAP			
	2.30pm - 3.30pm	LATIN TECHNIQUE	Α	CANCEL			
	6.25pm - 7.25pm	GYROKINESIS®	A-B	NIKI			
	7.30pm - 8.30pm	TBC	MULTI	CANCEL			
	7.00am - 8.00am	AEROFIGHT	Multi	M DANIEL			
	9.45am - 10.45am	AERODANCE	Α	ARY			
WED	10.50am - 11.50am	FREESTYLE STEP	В-С	ARJIETE			
5th MAR	11.55am - 12.55pm	POWER YOGA	B-C	LILY YONG #			
	1.00pm - 2.00pm	PILATES WITH TOWEL	A-B	NIKI			
	6.00pm - 7.00pm	ZUMBA	A-B	RIME			
	7.10pm - 8.10pm	CHI STRETCH	B-C	ARENE			
	7.00am - 8.00am	PUMP FX	A-B	AI MEI			
	10.00am - 11.00am	BEGINNER STEP	Α	DANIEL HEW			
THU	11.05am - 12.05pm	нііт	A-B	DELON			
6th MAR	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			
	7.00am - 8.00am	STEP 2 IT	A-B	DENNIS			
FRI	9.45am - 10.45am	ENERGY FLOW #	A-B	CEDRIC #			
7th MAR	10.50am - 12.20pm	FREESTYLE X-POSE	MULTI	EMY			
	6.00pm - 7.00pm	RESTORATIVE YOGA	A-B	LILY YAP			
	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	В	JANE			
SAT	10.00am - 11.00am	SOCIAL LATIN - SOLO	Α	DAREN			
8th MAR	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	FREESYTLE X-POSE	MULTI	EMY			
	11.00am - 12.00pm	*BODY TONING	MULTI	FENDI			
SUN	12.05pm - 1.05pm	CARDIO HI LO	MULTI	ARENE			
9th MAR	1.10pm - 2.10pm	STEP 2 IT	B-C	DANIEL HEW			
	3.00pm - 4.30pm	YIN YANG YOGA	A-B	LILY YAP			

ON LEAVE: CHARMENE (4/3), FELICIA (5/3), SWEE KEONG (6/3), KEN LIM (7/30), NIKI (7-9/3)

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
- Zumba & Chi stretch class on Wednesday, will start at 6pm & 7.10pm respectively during fasting month

• 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