PHILLIP WAIN GROUP CLASS SCHEDULE

1st -	7th	DFC	FMF	BFR	2025
	,				

7.00am - 8.00am	CLASS TYPE GYM AREA VINYASA FLOW YOGA	LEVEL	INSTRUCTOR
			1
	WINEY (& A & I I III) VI W - A	A-B	CANCEL
/ IIIIam - X IIIIam	STEP 2 IT	A-B A-B	DANIEL HEW
7.00am - 8.00am 8.05am - 9.05am	POWER YOGA	A-B A-B	LILY YONG
9.45am - 10.45am	AERODANCE	А-Б А	ARY
9.45am - 10.45am 10.50am - 11.50am	FREESTYLE STEP	B-C	ARJIETE
			NIKI
·			LIN
			NIKI
			CEDRIC
·	·		RON
			DANIEL HEW
	-		DANIEL HEW DELON
•			DELON
· · · · · · · · · · · · · · · · · · ·	****		FELICIA
			NIKI
			CANCEL
·		_	M DANIEL
			ARY
			ARJIETE
			FELICIA
· · · · · · · · · · · · · · · · · · ·			NIKI
			RIME
			ARENE
			AI MEI
			DANIEL HEW
			DELON
•			RIME
			SWEE KEONG
			LIZ
·			ETHAN
			KEN LIM
			EMY
			NIKI
· · · · · · · · · · · · · · · · · · ·		A	CANCEL
	CANCEL	A-B	CANCEL
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
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	FREESTYLE X-POSE	MULTI	EMY
-	*AEROFIGHT	A-B	M. DANIEL
•	CARDIO HI LO	MULTI	ARENE
	STEP 2 IT	B-C	DANIEL HEW
· · · · · · · · · · · · · · · · · · ·	YIN YANG YOGA	A-B	LILY YAP
4.05pm - 5.30pm	GYROKINESIS®	A-B	NIKI
	12.00pm - 1.00pm 1.05pm - 2.05pm 6.25pm - 7.25pm 7.30pm - 8.30pm 7.00am - 8.00am 10.00am - 11.00am 11.00am - 12.00pm 12.00pm - 1.00pm 1.10pm - 2.10pm 6.25pm - 7.25pm 7.30pm - 8.30pm 7.00am - 8.00am 9.45am - 10.45am 10.50am - 11.50am 11.55am - 12.55pm 1.00pm - 2.00pm 6.30pm - 7.30pm 7.30pm - 8.30pm 7.00am - 8.00am 10.00am - 11.00am 11.05am - 12.05pm 12.10pm - 1.10pm 1.15pm - 2.15pm 6.30pm - 7.30pm 7.00am - 8.00am 10.50am - 11.50pm 12.10pm - 1.15pm 1.30pm - 2.30pm 7.00am - 8.00am 9.45am - 10.45am 10.50am - 11.50pm 1.30pm - 2.30pm 7.00am - 8.00am 9.45am - 10.45am 10.50am - 11.50pm 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 12.05pm - 1.05pm 12.05pm - 1.05pm 1.05pm - 2.05pm 1.05pm - 2.05pm 1.05pm - 3.10pm 11.00am - 12.00pm 12.05pm - 1.05pm	12.00pm - 1.00pm	12.00pm - 1.00pm

ON LEAVE: LILY YAP (1-2/12), EMY (2/12)

8th - 14th 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	A-B	DANIEL HEW			
	8.05am - 9.05am	POWER YOGA	A-B	LILY YONG			
MON	9.45am - 10.45am	AERODANCE	Α	ARY			
8th DEC	10.50am - 11.50am	FREESTYLE STEP	B-C	ARJIETE			
	12.00pm - 1.00pm	PILATES WITH FOAM ROLER	A-B	NIKI			
	1.05pm - 2.05pm	STEP 2 IT	B-C	LIN			
	6.25pm - 7.25pm	PILATES WITH FOAM ROLER	A-B	NIKI			
	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	11.05am - 12.05pm	STEEL COMBAT	MULTI	DELON			
9th DEC	12.05pm - 1.05pm	TRX	A-B	DELON			
	1.10pm - 2.10pm	*RESTORATIVE YOGA	A-B	LILY YAP			
	6.25pm - 7.25pm	GYROKINESIS®	A-B	NIKI			
	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			
10th DEC	11.55am - 12.55pm	POWER YOGA	B-C	FELICIA			
	1.00pm - 2.00pm	PILATES FOR OSTEOPOROSIS	A-B	NIKI			
	6.30pm - 7.30pm	ZUMBA	A-B	RIME			
	7.30pm - 8.30pm	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	HIIT	A-B	DELON			
11th DEC	12.10pm - 1.10pm	ZUMBA	Multi	RIME			
526	1.15pm - 2.15pm	RESTORATIVE YOGA	A-B	SWEE KEONG			
	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			
FRI	10.50am - 11.50pm	FREESYTLE X-POSE	MULTI	EMY			
12th DEC	12.00pm - 1.15pm	GYROKINESIS®	A-B	NIKI			
5_0	1.30pm - 2.30pm	LATIN TECHNIQUE	A	CHARMENE			
	5.50pm - 6.50pm	RESTORATIVE YOGA	A-B	LILY YAP			
<u> </u>	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	A	DAREN			
13th DEC	11.05am - 12.05pm	ENERGY YOGA	A-B	CEDRIC			
	12.05pm - 1.05pm	PILATES WITH CHIBALL	A-B	NIKI			
	1.05pm - 2.05pm	CARDIO HI LO	MULTI	ARENE			
<u> </u>	2.10pm - 3.40pm	FREESTYLE X-POSE	Multi	EMY			
SUN	11.00am - 12.00pm	*BODY TONING	A-B	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			
	4.05pm - 5.30pm	GYROKINESIS®	A-B	NIKI			
ON LEAVE :							

ON LEAVE :

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