

PHILLIP WAIN GROUP CLASS SCHEDULE

22nd - 28th DECEMBER 2025

DATE	TIME	CLASS TYPE	LEVEL	INSTRUCTOR
MON 22nd 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	PILATES WITH DYNABAND	A-B	NIKI
	1.05pm - 2.05pm	STEP 2 IT	B-C	LIN
	6.25pm - 7.25pm	PILATES WITH DYNABAND	A-B	NIKI
	7.30pm - 8.30pm	CORE POWER - ABS, BUTT & THIGH	A-B	CEDRIC
TUE 23rd 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
	6.25pm - 7.25pm	GYROKINESIS®	A-B	NIKI
	7.30pm - 8.30pm	FREESYTL X-POSE	MULTI	EMY
WED 24th 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 FITBALL	A-B	NIKI
	6.30pm - 7.30pm	ZUMBA	A-B	RIME
	7.30pm - 8.30pm	CHI STRETCH	B-C	ARENE
THU 25th DEC	 <p>CLUB WILL BE CLOSED Gym will be closed</p>			
FRI 26th 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	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	RESTORATIVE YOGA	A-B	CANCEL
	7.00pm - 8.00pm	SOCIAL LATIN - PARTNER	A-B	DAREN
SAT 27th 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 YOGA	A-B	CEDRIC
	12.05pm - 1.05pm	PILATES WITH FOAM ROLLER	A-B	CATHERINE #
	1.05pm - 2.05pm	CARDIO HI LO	MULTI	ARENE
	2.10pm - 3.10pm	FREESYTL X-POSE	MULTI	EMY
SUN 28th DEC	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 - 4.00pm	YIN YANG YOGA	A-B	CANCEL
	4.05pm - 5.30pm	GYROKINESIS®	A-B	CANCEL

ON LEAVE : LILY YAP (26 & 28/12), NIKI (27 & 28/12)

29th DECEMBER 2025 - 4th JANUARY 2026


DATE	TIME	CLASS TYPE	LEVEL	INSTRUCTOR
MON 29th DEC		<u>GYM AREA</u>		
	7.00am - 8.00am	VINYASA FLOW YOGA	A-B	CANCEL
	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	PILATES	A-B	TBC
	1.05pm - 2.05pm	STEP 2 IT	B-C	LIN
	6.25pm - 7.25pm	CHI STRETCH #	A-B	ARENE #
	7.30pm - 8.30pm	CORE POWER - ABS, BUTT & THIGH	A-B	CEDRIC
TUE 30th DEC	7.00am - 8.00am	PUMP FX	A-B	RON
	10.00am - 11.00am	STEP 2 IT	B-C	DANIEL HEW
	11.00am - 12.00pm	STEEL COMBAT	MULTI	DELON
	12.00pm - 1.00pm	TRX	A-B	DELON
	1.10pm - 2.10pm	*BASIC HATHA YOGA	A-B	FELICIA
	7.30pm - 8.30pm	FREESYTL X-POSE	MULTI	EMY
WED 31st 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	A-B	FELICIA
	1.00pm - 2.00pm	PILATES	A-B	CATHERINE #
	6.30pm - 7.30pm	ZUMBA	A-B	RIME
	7.30pm - 8.30pm	CHI STRETCH	B-C	ARENE
THU 1st JAN	<div> <div>CLUB WILL BE CLOSED</div> <div> HAPPY NEW YEAR! 2026  </div> </div>			
FRI 2nd JAN	7.00am - 8.00am	STEP 2 IT	A-B	ETHAN
	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	RESTORATIVE YOGA	A-B	TBC
	7.00pm - 8.00pm	SOCIAL LATIN - PARTNER	A-B	DAREN
SAT 3rd JAN	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 MAGIC CIRCLE	A-B	NIKI
	1.05pm - 2.05pm	CARDIO HI LO	MULTI	ARENE
	2.10pm - 3.10pm	FREESTYLE X-POSE	MULTI	EMY
SUN 4th JAN	11.00am - 12.00pm	BODY SCULPT	A-B	CEDRIC
	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	TBC
	4.05pm - 5.30pm	GYROKINESIS®	A-B	NIKI

ON LEAVE : LILY YAP (29/12/25-4/1/26), NIKI (29-31/12)

NOTICE :

- Restorative Yoga and Basic Hatha Yoga class is alternate class on every Tuesday at 1.15pm.
- **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