PHILLIP WAIN GROUP CLASS SCHEDULE

TIME	N 3
7.00am - 8.00am	
T.00am - 8.00am STEP 2 IT A-B DANIEL HEVE	
MON 9.45am - 9.05am POWER YOGA A-B LILY YONG	
MON 9.45am - 10.45am AERODANCE A ARY 16th DEC 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 7.00am - 8.00am PUMP FX A-B RON 10.00am - 11.00am STEP 2 IT B-C DANIEL HEV 11.05am - 12.05pm STEEL COMBAT MULTI DELON TUE 12.05pm - 1.05pm TRX A-B DELON 17th DEC 1.10pm - 2.10pm *BASIC HATHA YOGA A-B FELICIA	!
16th DEC 10.50am - 11.50am FREESTYLE STEP B-C ARJIETE 12.00pm - 1.00pm MYOFASCIAL RELEASE WITH BALL A-B NIKI 1.05pm - 2.05pm MYOFASCIAL RELEASE WITH BALL 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 HEV 11.05am - 12.05pm STEEL COMBAT MULTI DELON TUE 12.05pm - 1.05pm TRX A-B DELON 17th DEC 1.10pm - 2.10pm *BASIC HATHA YOGA A-B FELICIA	
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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 7.00am - 8.00am PUMP FX A-B RON 10.00am - 11.00am STEP 2 IT B-C DANIEL HEV 11.05am - 12.05pm STEEL COMBAT MULTI DELON TUE 12.05pm - 1.05pm TRX A-B DELON 17th DEC 1.10pm - 2.10pm *BASIC HATHA YOGA A-B FELICIA	
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TUE 12.05pm - 1.05pm TRX A-B DELON 17th DEC 1.10pm - 2.10pm *BASIC HATHA YOGA A-B FELICIA	
17th DEC 1.10pm - 2.10pm *BASIC HATHA YOGA A-B FELICIA	
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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	
7.00am - 8.00am AEROFIGHT Multi M DANIEL	
9.45am - 10.45am AERODANCE A ARY	
WED 10.50am - 11.50am FREESTYLE STEP B-C ARJIETE	
18th DEC 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	
7.00am - 8.00am PUMP FX A-B AI MEI	
10.00am - 11.00am BEGINNER STEP A DANIEL HEV	V
THU 11.05am - 12.05pm HIIT A-B DELON	
19th DEC	
1.15pm - 2.15pm RESTORATIVE YOGA A-B SWEE KEON	IG
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	
20th DEC 12.00pm - 1.15pm	
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	
21st DEC 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	
11.00am - 12.00pm *AEROFIGHT MULTI M. DANIEL	
SUN 12.05pm - 1.05pm CARDIO HI LO MULTI ARENE	
22nd DEC	V
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	
		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	Multi	ARY	
23rd DEC	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	
	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	
TUE	12.05pm - 1.05pm	TRX	A-B	DELON	
24th DEC	1.10pm - 2.10pm	*RESTORATIVE YOGA	A-B	LILY YAP	
	2.30pm - 3.30pm	LATIN TECHNIQUE	Α	CHARMENE	
	6.25pm - 7.25pm	GYROKINESIS®	A-B	NIKI	
	7.30pm - 8.30pm	K-POP MIXDANCE	MULTI	CATHY	
WED 25th DEC	merry christmos				
	CLUB WILL BE CLOSED				
	7.00am - 8.00am	PUMP FX	A-B	AI MEI	
	TITIE AMIT EL TITISET		-	AI MEI DANIEL HEW	
тни	7.00am - 8.00am	PUMP FX	A-B		
THU 26th DEC	7.00am - 8.00am 10.00am - 11.00am	PUMP FX BEGINNER STEP	A-B A	DANIEL HEW	
	7.00am - 8.00am 10.00am - 11.00am 11.05am - 12.05pm	PUMP FX BEGINNER STEP HIIT	A-B A A-B	DANIEL HEW DELON	
	7.00am - 8.00am 10.00am - 11.00am 11.05am - 12.05pm 12.10pm - 1.10pm	PUMP FX BEGINNER STEP HIIT ZUMBA	A-B A A-B MULTI	DANIEL HEW DELON RIME	
	7.00am - 8.00am 10.00am - 11.00am 11.05am - 12.05pm 12.10pm - 1.10pm 1.15pm - 2.15pm	PUMP FX BEGINNER STEP HIIT ZUMBA RESTORATIVE YOGA	A-B A A-B MULTI A-B	DANIEL HEW DELON RIME SWEE KEONG	
	7.00am - 8.00am 10.00am - 11.00am 11.05am - 12.05pm 12.10pm - 1.10pm 1.15pm - 2.15pm 6.30pm - 7.30pm	PUMP FX BEGINNER STEP HIIT ZUMBA RESTORATIVE YOGA HIIT WEIGHT TRAINING	A-B A-B MULTI A-B A-B	DANIEL HEW DELON RIME SWEE KEONG LIZ	
	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 9.45am - 10.45am 10.50am - 11.50am	PUMP FX BEGINNER STEP HIIT ZUMBA RESTORATIVE YOGA HIIT WEIGHT TRAINING STEP 2 IT MAT PILATES FREESYTLE X-POSE	A-B A A-B MULTI A-B A-B	DANIEL HEW DELON RIME SWEE KEONG LIZ DENNIS	
26th DEC	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 9.45am - 10.45am	PUMP FX BEGINNER STEP HIIT ZUMBA RESTORATIVE YOGA HIIT WEIGHT TRAINING STEP 2 IT MAT PILATES	A-B A-B MULTI A-B A-B A-B A-B	DANIEL HEW DELON RIME SWEE KEONG LIZ DENNIS KEN LIM	
26th DEC	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 9.45am - 10.45am 10.50am - 11.50am	PUMP FX BEGINNER STEP HIIT ZUMBA RESTORATIVE YOGA HIIT WEIGHT TRAINING STEP 2 IT MAT PILATES FREESYTLE X-POSE	A-B A-B A-B A-B A-B A-B MULTI	DANIEL HEW DELON RIME SWEE KEONG LIZ DENNIS KEN LIM EMY	
26th DEC	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 9.45am - 10.45am 10.50am - 11.50am 12.00pm - 1.15pm	PUMP FX BEGINNER STEP HIIT ZUMBA RESTORATIVE YOGA HIIT WEIGHT TRAINING STEP 2 IT MAT PILATES FREESYTLE X-POSE ENERGY FLOW	A-B A-B MULTI A-B A-B A-B A-B A-B A-B	DANIEL HEW DELON RIME SWEE KEONG LIZ DENNIS KEN LIM EMY CEDRIC #	
26th DEC	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 9.45am - 10.45am 10.50am - 11.50am 12.00pm - 1.15pm 6.00pm - 7.00pm	PUMP FX BEGINNER STEP HIIT ZUMBA RESTORATIVE YOGA HIIT WEIGHT TRAINING STEP 2 IT MAT PILATES FREESYTLE X-POSE ENERGY FLOW RESTORATIVE YOGA SOCIAL LATIN - PARTNER HATHA YOGA	A-B A-B MULTI A-B A-B A-B MULTI A-B A-B MULTI A-B A-B A-B A-B	DANIEL HEW DELON RIME SWEE KEONG LIZ DENNIS KEN LIM EMY CEDRIC # LILY YAP DAREN LILY YONG	
26th DEC FRI 27th DEC	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 9.45am - 10.45am 10.50am - 11.50am 12.00pm - 1.15pm 6.00pm - 7.00pm 7.00pm - 8.00pm 8.00am - 9.00am 9.00am - 10.00am	PUMP FX BEGINNER STEP HIIT ZUMBA RESTORATIVE YOGA HIIT WEIGHT TRAINING STEP 2 IT MAT PILATES FREESYTLE X-POSE ENERGY FLOW RESTORATIVE YOGA SOCIAL LATIN - PARTNER HATHA YOGA AERIAL YOGA	A-B A-B MULTI A-B A-B A-B A-B A-B MULTI A-B A-B	DANIEL HEW DELON RIME SWEE KEONG LIZ DENNIS KEN LIM EMY CEDRIC # LILY YAP DAREN LILY YONG JANE	
26th DEC FRI 27th DEC	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 9.45am - 10.45am 10.50am - 11.50am 12.00pm - 1.15pm 6.00pm - 7.00pm 7.00pm - 8.00pm 8.00am - 9.00am 9.00am - 10.00am 10.00am - 11.00am	PUMP FX BEGINNER STEP HIIT ZUMBA RESTORATIVE YOGA HIIT WEIGHT TRAINING STEP 2 IT MAT PILATES FREESYTLE X-POSE ENERGY FLOW RESTORATIVE YOGA SOCIAL LATIN - PARTNER HATHA YOGA SOCIAL LATIN - SOLO	A-B A-B MULTI A-B A-B A-B A-B A-B MULTI A-B	DANIEL HEW DELON RIME SWEE KEONG LIZ DENNIS KEN LIM EMY CEDRIC # LILY YAP DAREN LILY YONG JANE DAREN	
26th DEC FRI 27th DEC	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 9.45am - 10.45am 10.50am - 11.50am 12.00pm - 1.15pm 6.00pm - 7.00pm 7.00pm - 8.00pm 8.00am - 9.00am 9.00am - 10.00am 10.00am - 11.00am 11.05am - 12.05pm	PUMP FX BEGINNER STEP HIIT ZUMBA RESTORATIVE YOGA HIIT WEIGHT TRAINING STEP 2 IT MAT PILATES FREESYTLE X-POSE ENERGY FLOW RESTORATIVE YOGA SOCIAL LATIN - PARTNER HATHA YOGA AERIAL YOGA SOCIAL LATIN - SOLO ENERGY FLOW	A-B A-B MULTI A-B A-B A-B A-B A-B MULTI A-B	DANIEL HEW DELON RIME SWEE KEONG LIZ DENNIS KEN LIM EMY CEDRIC # LILY YAP DAREN LILY YONG JANE DAREN CEDRIC	
26th DEC FRI 27th DEC	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 9.45am - 10.45am 10.50am - 11.50am 12.00pm - 1.15pm 6.00pm - 7.00pm 7.00pm - 8.00pm 8.00am - 9.00am 9.00am - 10.00am 10.00am - 11.00am 11.05am - 12.05pm 12.05pm - 1.05pm	PUMP FX BEGINNER STEP HIIT ZUMBA RESTORATIVE YOGA HIIT WEIGHT TRAINING STEP 2 IT MAT PILATES FREESYTLE X-POSE ENERGY FLOW RESTORATIVE YOGA SOCIAL LATIN - PARTNER HATHA YOGA AERIAL YOGA SOCIAL LATIN - SOLO ENERGY FLOW MAT PILATES	A-B A-B MULTI A-B	DANIEL HEW DELON RIME SWEE KEONG LIZ DENNIS KEN LIM EMY CEDRIC # LILY YAP DAREN LILY YONG JANE DAREN CEDRIC LILY YAP #	
26th DEC FRI 27th DEC	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 9.45am - 10.45am 10.50am - 11.50am 12.00pm - 1.15pm 6.00pm - 7.00pm 7.00pm - 8.00pm 8.00am - 9.00am 9.00am - 10.00am 10.00am - 11.00am 11.05am - 12.05pm 12.05pm - 1.05pm	PUMP FX BEGINNER STEP HIIT ZUMBA RESTORATIVE YOGA HIIT WEIGHT TRAINING STEP 2 IT MAT PILATES FREESYTLE X-POSE ENERGY FLOW RESTORATIVE YOGA SOCIAL LATIN - PARTNER HATHA YOGA AERIAL YOGA SOCIAL LATIN - SOLO ENERGY FLOW MAT PILATES CARDIO HI LO	A-B A-B MULTI A-B A-B A-B MULTI A-B	DANIEL HEW DELON RIME SWEE KEONG LIZ DENNIS KEN LIM EMY CEDRIC # LILY YAP DAREN LILY YONG JANE DAREN CEDRIC LILY YAP # ARENE	
26th DEC FRI 27th DEC	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 9.45am - 10.45am 10.50am - 11.50am 12.00pm - 1.15pm 6.00pm - 7.00pm 7.00pm - 8.00pm 8.00am - 9.00am 9.00am - 10.00am 10.00am - 11.00am 11.05am - 12.05pm 12.05pm - 1.05pm 1.05pm - 2.05pm 2.10pm - 3.10pm	PUMP FX BEGINNER STEP HIIT ZUMBA RESTORATIVE YOGA HIIT WEIGHT TRAINING STEP 2 IT MAT PILATES FREESYTLE X-POSE ENERGY FLOW RESTORATIVE YOGA SOCIAL LATIN - PARTNER HATHA YOGA AERIAL YOGA SOCIAL LATIN - SOLO ENERGY FLOW MAT PILATES CARDIO HI LO FREESYTLE X-POSE	A-B A-B MULTI A-B A-B A-B MULTI A-B A-B MULTI A-B A-B A-B MULTI A-B A-B MULTI MULTI	DANIEL HEW DELON RIME SWEE KEONG LIZ DENNIS KEN LIM EMY CEDRIC # LILY YAP DAREN LILY YONG JANE DAREN CEDRIC LILY YAP # ARENE EMY	
FRI 27th DEC SAT 28th DEC	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 9.45am - 10.45am 10.50am - 11.50am 12.00pm - 1.15pm 6.00pm - 7.00pm 7.00pm - 8.00pm 8.00am - 9.00am 9.00am - 10.00am 10.00am - 11.00am 11.05am - 12.05pm 12.05pm - 1.05pm 1.05pm - 2.05pm 2.10pm - 3.10pm	PUMP FX BEGINNER STEP HIIT ZUMBA RESTORATIVE YOGA HIIT WEIGHT TRAINING STEP 2 IT MAT PILATES FREESYTLE X-POSE ENERGY FLOW RESTORATIVE YOGA SOCIAL LATIN - PARTNER HATHA YOGA AERIAL YOGA SOCIAL LATIN - SOLO ENERGY FLOW MAT PILATES CARDIO HI LO FREESYTLE X-POSE	A-B A-B MULTI A-B A-B A-B MULTI A-B A-B A-B A-B A-B A-B MULTI A-B A-B MULTI M-B A-B MULTI MULTI MULTI	DANIEL HEW DELON RIME SWEE KEONG LIZ DENNIS KEN LIM EMY CEDRIC # LILY YAP DAREN LILY YONG JANE DAREN CEDRIC LILY YAP # ARENE EMY	
FRI 27th DEC SAT 28th DEC	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 9.45am - 10.45am 10.50am - 11.50am 12.00pm - 1.15pm 6.00pm - 7.00pm 7.00pm - 8.00pm 8.00am - 9.00am 9.00am - 10.00am 10.00am - 11.00am 11.05am - 12.05pm 12.05pm - 1.05pm 1.05pm - 2.05pm 2.10pm - 3.10pm 11.00am - 12.00pm	PUMP FX BEGINNER STEP HIIT ZUMBA RESTORATIVE YOGA HIIT WEIGHT TRAINING STEP 2 IT MAT PILATES FREESYTLE X-POSE ENERGY FLOW RESTORATIVE YOGA SOCIAL LATIN - PARTNER HATHA YOGA AERIAL YOGA SOCIAL LATIN - SOLO ENERGY FLOW MAT PILATES CARDIO HI LO FREESYTLE X-POSE *BODY TONING CARDIO HI LO	A-B A-B MULTI A-B A-B A-B MULTI A-B A-B MULTI A-B A-B MULTI M-B A-B MULTI MULTI MULTI MULTI	DANIEL HEW DELON RIME SWEE KEONG LIZ DENNIS KEN LIM EMY CEDRIC # LILY YAP DAREN LILY YONG JANE DAREN CEDRIC LILY YAP # ARENE EMY	
FRI 27th DEC SAT 28th DEC	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 9.45am - 10.45am 10.50am - 11.50am 12.00pm - 1.15pm 6.00pm - 7.00pm 7.00pm - 8.00pm 8.00am - 9.00am 9.00am - 10.00am 10.00am - 11.00am 11.05am - 12.05pm 12.05pm - 1.05pm 1.05pm - 2.05pm 2.10pm - 3.10pm	PUMP FX BEGINNER STEP HIIT ZUMBA RESTORATIVE YOGA HIIT WEIGHT TRAINING STEP 2 IT MAT PILATES FREESYTLE X-POSE ENERGY FLOW RESTORATIVE YOGA SOCIAL LATIN - PARTNER HATHA YOGA AERIAL YOGA SOCIAL LATIN - SOLO ENERGY FLOW MAT PILATES CARDIO HI LO FREESYTLE X-POSE	A-B A-B MULTI A-B A-B A-B MULTI A-B A-B A-B A-B A-B A-B MULTI A-B A-B MULTI M-B A-B MULTI MULTI MULTI	DANIEL HEW DELON RIME SWEE KEONG LIZ DENNIS KEN LIM EMY CEDRIC # LILY YAP DAREN LILY YONG JANE DAREN CEDRIC LILY YAP # ARENE EMY	

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