

Group Fitness Timetable February 12 to February 18

Studio 1

Spring Schedule

	Monday Feb 12	Tuesday Feb 13	Wednesday Feb 14	Thursday Feb 15	Friday Feb 16	Saturday Feb 17	Sunday Feb 18	
7:30 a.m.	Indoor Cycle M Erin				PUBLIC HOLIDAY			
8:30 a.m.	Vinyasa Yoga M Mahendra		Indoor Cycle M Erin	Bollywood Fitness M Shirin				
9:00 a.m.							LES MILLS BODYPUMP M Jerry	
9:30 a.m.	LES MILLS BODYCOMBAT M Chris	TBC M Jerry	ZUMBA FITNESS M Serena	LES MILLS BODYBALANCE M Win				
10:00 a.m.							Dynamic Yoga M Serena	
10:30 a.m.	ZUMBA FITNESS M Erich		TBC M Serena	LES MILLS BODYPUMP M Elaine				
11:00 a.m.							Indoor Cycle M Erin	
11:30 a.m.	*90 mins Vinyasa Yoga M Vanan	Bollywood Fitness M Shirin	Beg. Pilates Matwork B Elaine	*90 mins Vinyasa Yoga M Mahendra				
6:00 p.m.				CHINESE NEW YEAR EVE CLUB CLOSE 4pm				
6:45 p.m.	*Meditation M Christina							
Youth Space								
8:30 a.m.		Yin Yoga M Yvonne	Yoga Stretch M Vanan		PUBLIC HOLIDAY			
9:30 a.m.	Beg. Hatha Yoga B Serena	Restorative Yoga M Yvonne	Vinyasa Yoga M Mahendra					

Class Levels

- B - Beginners Class.** Suitable for participants with little experience of the class
- M - Multi-level Class.** Suitable for all levels of experience with options offered to suit all skill levels

Group Fitness Class Sign-in

Please sign in to attend a class 30 min prior to commencement

Class Duration

Indoor Cycle classes are approximately 50 mins, all others (unless indicated) are 55 mins

Gym Hours

Mon-Fri: 6.00 a.m. to 9.00 p.m.
Sat, Sun & PH: 6.30 a.m. to 8.30 p.m.

* Marathon Cycling

Every first Saturday of the month (Advanced reservation is required - one week)

* Speed Cycling

Every Thursday 6:00pm (30 min) - Member \$5 per class (GF card) \$7.50 per class (no GF card) Guest \$10 per class

* Meditation by Christina

Every Monday 6:45pm (60 min) - Member \$15 per class Guest \$20 per class

* Vinyasa Yoga

Every Mondays 11:30am (90 min) and Every Thursdays 11:30am (90min) - Member \$5 per class (GF card) \$7.50 per class (no GF card) Guest \$10 per class

Note: To subscribe for ESMS, please drop by the Sports Counter