

# Group Fitness Timetable February 19 to February 25

## Studio 1

Spring Schedule

	Monday Feb 19	Tuesday Feb 20	Wednesday Feb 21	Thursday Feb 22	Friday Feb 23	Saturday Feb 24	Sunday Feb 25
7:30 a.m.	Indoor Cycle M Erin				Hatha Yoga M Wati		
8:30 a.m.	Vinyasa Yoga M Mahendra		Indoor Cycle M Erin	Bollywood Fitness M Shirin	RIPPED M Kelly		
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 Wai Han	Power Yoga M Josephine	Gentle Yoga & Stretch M Josephine	
10:00 a.m.							Dynamic Yoga M Serena
10:30 a.m.	ZUMBA FITNESS M Erich	Vinyasa Yoga M Vanan	TBC M Serena	LES MILLS BODYPUMP M Elaine	Restorative Yoga M Vanan	LES MILLS BODYCOMBAT M J Justin	
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	ZUMBA FITNESS M Erich	Pilates Circuit M Annie	
6:00 p.m.				*Speed Cycle 30 min M Erin			
6:45 p.m.	*Meditation M Christina			Yoga Stretch M Vanan			
Youth Space							
8:30 a.m.		Yin Yoga M Vanan	Yoga Stretch M Vanan				
9:30 a.m.	Beg. Hatha Yoga B Serena	Restorative Yoga M Vanan	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**