



GYM

BOLLYWOOD FITNESS



Add some spice and shake up your exercise routine with our Bollywood Fitness classes! The fat-burning Cardio class is designed for participants of all levels. Join us and work towards a fitter you while enjoying a fun dance class.



TUESDAYS

First session: 11:30 a.m. – 12:25 p.m.
Second session: 6:30 p.m. – 7:25 p.m.

FRIDAYS

8:30 a.m. – 9:25 a.m.

Classes will be taught by instructor Shirin, who has a wealth of experience in Bollywood Fitness.

Terms & Conditions

- Regular Group Fitness classes fees applies
- Sign-up is only available at the Sports Counter 30 minutes before classes commence

For more information or to sign up, please drop by the Sports Counter or call 6739-4312.

