

# 5 MON

- 7:00 a.m. Spin Class (Jaclyn)
- 8:30 a.m. Deep Water Running
- 9:10 a.m. Power Yoga (Serena)
- 10:20 a.m. Pilates Flow (Elaine Te)
- 11:30 a.m. Restorative Yoga (Josephine)
- 12:45 p.m. TRX (Aidi Mas)
- 3:45 p.m. Mini Soccer
- 4:45 p.m. Art Class
- 5:00 p.m. Junior Soccer
- 7:00 p.m. Les Mills Body Pump (Cheerene)

Watch the World Compete: FIFA World Cup Qatar 2022 from Dec 5 – 11 at Union Bar

# 6 TUE

- 7:00 a.m. Masters Swim Group\*
- 8:00 a.m. Hatha Yoga (Yvonne)
- 9:10 a.m. Vinyasa Yoga (Yvonne)
- 10:20 a.m. Yoga Stretch (Yvonne)
- 10:30 a.m. Ladies Hour Power Stars
- 11:30 a.m. Les Mills Body Pump (Elaine Goh)
- 12:45 p.m. Cardio Dance (Charlotte)
- 4:30 p.m. Karate Private Class
- 4:30 p.m. Toddler Ballet
- 4:30 p.m. Teeny Tiny Tots

# 7 WED

- 8:00 a.m. Pilates (Serena)
- 8:30 a.m. Deep Water Running
- 9:10 a.m. Les Mills Body Combat (Juztin)
- 10:20 a.m. Aerial Yoga (Ben Chiu)
- 11:30 a.m. Jazz-ercise (Megan Teh)
- 4:00 p.m. Taekwondo Beginner
- 4:45 p.m. Art Class
- 5:00 p.m. Taekwondo Intermediate
- 6:00 p.m. Taekwondo Free Sparring

# 8 THUR

- 7:00 a.m. Masters Swim Group\*
- 8:00 a.m. Yoga Stretch (Serena)
- 8:30 a.m. Deep Water Running
- 9:10 a.m. Vinyasa Yoga (Josephine)
- 10:20 a.m. Yoga Stretch (Josephine)
- 10:30 a.m. Ladies Hour Power Stars
- 11:45 a.m. Zumba (Faiz)
- 1:00 p.m. Chinese Painting Class (Yap Sin Guan)
- 3:00 p.m. Toddler Ballet\*
- 3:30 p.m. Mini Basketball
- 4:00 p.m. Riddkere Ballet
- 4:45 p.m. Junior Basketball
- 5:00 p.m. Children Ballet
- 7:00 p.m. Do Coding Skills Future-proof Your Child's Career?

# 9 FRI

- 8:30 a.m. Deep Water Running
- 9:10 a.m. Pilates (Jerry)
- 10:20 a.m. Abs, Butt & Thigh (Jerry)
- 11:30 p.m. HIIT (Faiz)
- 3:00 p.m. Art Class\*
- 5:30 p.m. Dinner Buffet (Tradewinds)
- 7:00 p.m. Friday Show Night

# 10 SAT

- 7:00 a.m. Masters Swim Group\*
- 8:00 a.m. Hatha Yoga (Josephine)
- 9:10 a.m. Les Mills Body Pump (Cheerene)
- 9:30 a.m. Taekwondo Foundation
- 10:15 a.m. Taekwondo Foundation (Yellow 7)
- 10:20 a.m. Les Mills Body Combat (Cheerene)
- 10:30 a.m. Brunch Buffet (Tradewinds)
- 11:00 a.m. Taekwondo (White 10 - Green 5)
- 11:30 a.m. Les Mills Body Balance (Valerie)
- 12:00 p.m. Taekwondo (Yellow 7 - Blue 4)
- 1:00 p.m. Taekwondo (Green 5 - Red 1)
- 2:00 p.m. Taekwondo (Blue 3 - Red 1)
- 3:00 p.m. Taekwondo Poom 2 & Above\*
- 5:00 p.m. See Singapore In A Different Light
- 5:30 p.m. Dinner Buffet (Tradewinds)

# 11 SUN

- 9:00 a.m. Icing on the Gingerbread Workshop
- 9:30 a.m. Taekwondo Poom 1
- 10:20 a.m. Yoga Stretch (Vanan)
- 10:30 a.m. Brunch Buffet (Tradewinds)
- 10:45 a.m. Taekwondo Free Sparring Elite 1
- 12:00 p.m. Taekwondo Free Sparring Competitive
- 1:00 p.m. Taekwondo Free Sparring Developing 2
- 5:30 p.m. Dinner Buffet (Tradewinds)



SEE SINGAPORE  
IN A DIFFERENT LIGHT

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## LEGENDS

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\* Multiple time slots



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