

CLASS SCEDULE

CARDIO	BODYCOMBAT	BODYATTACK	BODY STEP	PRECISION CYCLING
MIND & BODY	YOGA CORE	SUPERMENTAL HATHAYOGA	BODYBALANCE	PILATES
STRENGTH & CONDITIONING	CORE CONDITIONING	CIRCUIT TRAINING	BODYPUMP	HARDCORE MAXX
DANCE	ZUMBA	POP JAZZ	HIPHOP	MTV MOVES
FREESTYLE	FITBALL	POWER TRAINING	HIT TRAINING	STRENGTH TRAINING

	MON	TUE	WED	THU	FRI	SAT	SUN		MON	TUE	WED	THU	FRI	SAT	SUN
MIND & BODY STUDIO	M 8:00 - 9:00 YIN YOGA Fen	M 9:05 - 10:05 BODYBALANCE™ Ben Tang	M 8:30 - 9:00 HARDCORE™ Christine Tan	M 8:00 - 9:00 PILATES (FITBALL) Alvan	M 7:00 - 8:00 BODYCOMBAT™ Josephine	M 9:30 - 10:30 BODYBALANCE™ Sean	M 9:00 - 10:00 BODYATTACK™ Whaleson	GROUP EXERCISE STUDIO	M 7:00 - 8:00 BODYCOMBAT™ Jimmy Lee	M 9:00 - 10:00 STEP Fiona	M 9:00 - 10:00 MTV MOVES Riana	M 9:00 - 10:00 CARDIO SCULPT Renu Kuar	M 8:00 - 8:50 FREESTYLE (CIRCUIT) Fauzi	M 9:00 - 10:00 BODYCOMBAT™ Jage	M 9:15 - 9:45 HARDCORE™ Leonard
	M 10:10 - 11:00 BODYCOMBAT™ Hilli	M 10:10 - 11:10 POWER YOGA Ryan Wong	M 9:05 - 9:55 BODYATTACK™ Christine Tan	M 9:05 - 10:05 HATHA VINYASA YOGA Joyce	M 10:10 - 11:10 POWER YOGA Ryan Wong	M 10:40 - 11:40 HOT FLOW™ YOGA Christine Tan	M 10:10 - 11:10 BODYCOMBAT™ Edwin		M 9:00 - 9:50 HARDCORE™ Femie				M 9:00 - 10:00 ZUMBA Serene Yee		
	M 11:20 - 12:20 VINYASA YOGA Fen		M 10:00 - 11:00 BODYCOMBAT™ Nicholas	M 10:10 - 11:10 HOT FLOW™ YOGA Allison	M 11:15 - 12:15 BODYCOMBAT™ Lock	M 12:00 - 12:50 BODYATTACK™ Yong Sheng	M 11:20 - 12:20 BODYCOMBAT™ Lock		M 10:00 - 11:00 BODYPUMP™ Femie	M 10:05 - 11:05 BODYJAM™ Kester	M 10:10 - 10:40 HARDCORE™ OVERLOAD Kester	M 10:10 - 11:10 BODYVIVE™ Angie Tion	M 10:00 - 10:50 SH'BAM™ Joanna	M 10:00 - 11:00 EASY STEP™ Amy	M 10:00 - 11:00 BODYPUMP™ Leonard
		M 12:20 - 1:20 BODYCOMBAT™ John Por	M 11:15 - 12:05 POWER YOGA Jade	M 1:30 - 2:30 BODYBALANCE™ Jeffrey	M 12:30 - 1:30 HOT FLOW™ YOGA Serena Tan	M 1:00 - 1:50 BODYCOMBAT™ Wila	M 12:40 - 1:40 HOT YOGA Yvonne				M 10:45 - 11:15 HARDCORE™ Kester	M 11:20 - 12:20 ZUMBA™ Angie Tion	M 11:00 - 11:45 BODYVIVE™ Angie Tion	M 11:10 - 12:10 ZUMBA™ Amy	M 11:10 - 12:10 SH'BAM™ Leonard
		M 1:30 - 2:30 PILATES Alvan	M 4:20 - 5:10 BODYCOMBAT™ John Por	M 4:20 - 5:20 POWER YOGA Josephine Lim		M 2:00 - 3:00 BODYCOMBAT™ Tino	M 2:20 - 3:20 BODYBALANCE™ Regina		M 11:20 - 12:20 BODYJAM™ Lee Tong	M 11:15 - 12:15 BODYPUMP™ Joanna	M 11:20 - 12:20 BODYCOMBAT™ Jo	M 11:20 - 12:20 ZUMBA™ Angie Tion	M 12:00 - 1:00 BODYJAM™ George	M 12:20 - 1:20 BODYJAM™ Amy	M 12:20 - 1:20 STEP MOVES Piona
	M 5:30 - 6:30 POWER YOGA Serena Tan	M 5:30 - 6:20 BODYCOMBAT™ Lay Yen	M 5:30 - 6:30 HOT FLOW™ YOGA Valenssa	M 5:30 - 6:30 BODYBALANCE™ Ben Tang	M 6:40 - 7:40 HATHA YOGA Chris	M 3:30 - 4:30 POWER YOGA Serena Tan			M 12:30 - 1:30 BODYCOMBAT™ Lock	M 12:15 - 1:15 BODYATTACK™ Josephine	M 12:30 - 1:30 SH'BAM™ Lee Tong	M 12:30 - 1:30 BODYPUMP™ Win	M 1:00 - 1:30 HARDCORE™ George	M 1:30 - 2:30 BODYPUMP™ Kester	M 1:30 - 2:30 BODYPUMP™ Renu Kuar
	M 6:40 - 7:40 HOT FLOW™ YOGA Josephine Lim	M 6:40 - 7:40 BODYBALANCE™ Serena Tong	M 6:40 - 7:40 PILATES Cheslyn	M 6:40 - 7:40 BODYCOMBAT™ Ying	M 7:45 - 8:45 HOT FLOW™ YOGA Valenssa	M 6:00 - 7:00 BODYCOMBAT™ Fang	M 6:00 - 7:00 BODYCOMBAT™ Sam				M 3:30 - 4:30 BODYPUMP™ Benji	M 3:30 - 4:20 SH'BAM™ Naila	M 3:30 - 4:30 BODYPUMP™ Gavin	M 2:40 - 3:40 BODYCOMBAT™ Kester	M 2:40 - 3:40 BODYCOMBAT™ Renu Kuar
	M 7:50 - 8:50 BODYCOMBAT™ Yeoh	M 7:45 - 8:45 HOT FLOW™ YOGA Faye	M 7:45 - 8:45 HATHA YOGA Angie Cho	M 7:45 - 8:45 BODYATTACK™ Melissa						M 4:00 - 5:00 DANCE MIX Yizhen		M 4:30 - 5:30 BODYJAM™ Naila		M 3:45 - 4:15 HARDCORE™ MAXX George	M 3:45 - 4:45 ZUMBA™ Valerie Ho
	M 8:55 - 9:45 BODYCOMBAT™ Ryan Low		M 8:50 - 9:50 BODYCOMBAT™ Fang						M 6:00 - 6:30 HARDCORE™ MAXX Renu Kuar	M 6:00 - 6:30 CORE EXPRESS Reagan			M 4:15 - 5:00 SH'BAM™ George	M 4:50 - 5:50 BODYCOMBAT™ Zac	
	M 12:30 - 1:20 RPM™ Jay					M 9:30 - 10:20	M 12:40 - 1:30 RPM™ Carol Tan		M 6:40 - 7:40 BODYPUMP™ Renu Kuar	M 6:40 - 7:40 BODYCOMBAT™ Reagan	M 6:40 - 7:40 BODYPUMP™ Lily	M 6:40 - 7:10 HARDCORE™ OVERLOAD Femie	M 6:40 - 7:40 BODYJAM™ Joanne		
CYCLING STUDIO	M 6:45 - 7:35 RPM™ Amos/Adeline	I/A 6:45 - 7:15 PRO CYCLING™ Lay Yen	I/A 6:45 - 7:15 PRO CYCLING™ Carol Then	M 6:50 - 7:40 RPM™ Alan Tan	I 6:40 - 7:40 CHALLENGE Kee	I/A 12:40 - 1:10 PRO CYCLING™ Vivi Woon	I 2:05 - 3:05 CHALLENGE Amos/Kit	FREESTYLE AREA	M 7:45 - 8:45 BODYATTACK™ Lily	M 7:45 - 8:45 BODYPUMP™ Ryan Haryadi	M 7:45 - 8:45 BODYJAM™ Amy	M 7:10 - 7:40 HARDCORE™ Femie	M 7:45 - 8:45 BODYATTACK™ Yong Sheng		
	M 7:45 - 8:35 RPM™ Ian	M 7:45 - 8:35 RPM™ Cheslyn	M 7:45 - 8:35 RPM™ Alan Tan		M 2:10 - 3:00 RPM™ Alan Tan					M 9:00 - 9:50 ZUMBA™ Valerie Ho	M 9:50 - 9:50 BODYCOMBAT™ Gary				
FREESTYLE AREA	M 11:00 - 11:30 freestyle	M 11:30 - 12:00 freestyle	M 10:30 - 11:00 freestyle	M 11:00 - 11:30 freestyle	M 11:00 - 11:30 freestyle	M 10:30 - 1:00 freestyle						M 7:45 - 8:45 BODYCOMBAT™ Desmond Liew			
	M 6:00 - 6:30 freestyle	M 6:00 - 6:30 freestyle	M 6:00 - 6:30 freestyle	M 6:00 - 6:30 freestyle	M 6:30 - 7:00 freestyle	M 12:00 - 12:30 freestyle						M 8:50 - 9:50 BODYPUMP™ Lily			