

# PHILLIP WAIN GROUP CLASS SCHEDULE

13th - 19th MAY 2024

DATE	TIME	CLASS TYPE	LEVEL	INSTRUCTOR
MON 13th MAY		<u>GYM AREA</u>		
	7.00am - 8.00am	VINYASA FLOW YOGA	A-B	LILY YAP
	7.00am - 8.00am	STEP 2 IT	A-B	DANIEL HEW
	8.05am - 9.05am	POWER YOGA	A-B	LILY YONG
	9.45am - 10.45am	AERODANCE	A	ARY
	10.50am - 11.50am	FREESTYLE STEP	B-C	ARJIETE
	12.00pm - 1.00pm	PILATES WITH FITBALL	A-B	NIKI
	1.05pm - 2.05pm	STEP 2 IT	B-C	DANIEL HEW #
	6.25pm - 7.25pm	PILATES WITH FITBALL	A-B	NIKI
	7.30pm - 8.30pm	PUMP FX	A-B	SUFFIAN
TUE 14th MAY	7.00am - 8.00am	PUMP FX	A-B	RON
	10.00am - 11.00am	STEP 2 IT	B-C	DANIEL HEW
	11.05am - 12.05pm	STEEL COMBAT	Multi	DELON
	12.05pm - 1.05pm	X-FIT / TRX	A-B	DELON
	1.10pm - 2.10pm	*RESTORATIVE YOGA	A-B	LILY YAP
	2.30pm - 3.30pm	LATIN TECHNIQUE	A	CHARMENE
	6.25pm - 7.25pm	GYROKINESIS®	A-B	NIKI
	7.30pm - 8.30pm	ZUMBA	MULTI	CATHY #
WED 15th MAY	7.00am - 8.00am	AEROFIGHT	Multi	M DANIEL
	9.45am - 10.45am	AERODANCE	A	ARY
	10.50am - 11.50am	FREESTYLE STEP	B-C	ARJIETE
	11.55am - 12.55pm	POWER YOGA	B-C	FELICIA
	1.00pm - 2.00pm	PILATES FOR OSTEOPOROSIS	A-B	NIKI
	6.30pm - 7.30pm	ZUMBA	A-B	RIME
	7.30pm - 8.30pm	CHI STRETCH	B-C	ARENE
THU 16th MAY	7.00am - 8.00am	HIIT WEIGHT TRAINING	A-B	MARK #
	10.00am - 11.00am	BEGINNER STEP	A	DANIEL HEW
	11.05am - 12.05pm	HIIT	A-B	CANCEL
	12.10pm - 1.10pm	ZUMBA	Multi	RIME
	1.15pm - 2.15pm	RESTORATIVE YOGA	A-B	LILY YAP #
	6.30pm - 7.30pm	BODY TONING #	A-B	FENDI #
FRI 17th MAY		<u>GYM AREA</u>		
	7.00am - 8.00am	HATHA YOGA	A-B	JESTINE
	7.00am - 8.00am	STEP 2 IT	A-B	DENNIS
	9.45am - 10.45am	MAT PILATES	A-B	KEN LIM
	10.50am - 11.50am	FREESYTLTLE X-POSE	MULTI	EMY
	12.00pm - 1.15pm	GYROKINESIS®	A-B	NIKI
	6.00pm - 7.00pm	*ZUMBA	A-B	CATHY
7.00pm - 8.00pm	SOCIAL LATIN - PARTNER	A-B	CANCEL	
SAT 18th MAY	8.00am - 9.00am	HATHA YOGA	A-B	LILY YONG
	9.00am - 10.00am	AERIAL YOGA	B	JANE
	10.00am - 11.00am	SOCIAL LATIN - SOLO	A	CHARMENE #
	11.05am - 12.05pm	ENERGY FLOW	A-B	CEDRIC
	12.05pm - 1.05pm	MYOFASCIA RELEASE WITH BALLS	A-B	NIKI
	1.05pm - 2.05pm	CARDIO HI LO	MULTI	ARENE
	2.10pm - 3.10pm	FREESYTLTLE X-POSE	MULTI	EMY
SUN 19th MAY	11.00am - 12.00pm	*AEROFIGHT	MULTI	M. DANIEL
	12.05pm - 1.05pm	CARDIO HI LO	MULTI	ARENE
	1.10pm - 2.10pm	STEP 2 IT	B-C	DANIEL HEW
	3.00pm - 4.00pm	YIN YANG YOGA	A-B	LILY YAP
	4.05pm - 5.30pm	GYROKINESIS®	A-B	NIKI

ON LEAVE : NOR (13/5), AI MEI (16/5), SWEE KEONG (16/5), LIZ (16/5), DAREN (3-4/5)

## 20th - 26th MAY 2024


DATE	TIME	CLASS TYPE	LEVEL	INSTRUCTOR
MON 20th MAY		<u>GYM AREA</u>		
	7.00am - 8.00am	VINYASA FLOW YOGA	A-B	LILY YAP
	7.00am - 8.00am	STEP 2 IT	A-B	DANIEL HEW
	8.05am - 9.05am	POWER YOGA	A-B	LILY YONG
	9.45am - 10.45am	AERODANCE	A	ARY
	10.50am - 11.50am	FREESTYLE STEP	B-C	ARJIETE
	12.00pm - 1.00pm	MAT PILATES	A-B	NIKI
	1.05pm - 2.05pm	STEP 2 IT	B-C	NOR
	6.25pm - 7.25pm	MAT PILATES	A-B	NIKI
	7.30pm - 8.30pm	PUMP FX	A-B	SUFFIAN
TUE 21st MAY	7.00am - 8.00am	PUMP FX	A-B	RON
	10.00am - 11.00am	STEP 2 IT	B-C	DANIEL HEW
	11.05am - 12.05pm	STEEL COMBAT	Multi	DELON
	12.05pm - 1.05pm	X-FIT/ TRX	A-B	DELON
	1.10pm - 2.10pm	*BASIC HATHA YOGA	A-B	FELICIA
	2.30pm - 3.30pm	LATIN TECHNIQUE	A	CHARMENE
	6.25pm - 7.25pm	GYROKINESIS®	A-B	NIKI
	7.30pm - 8.30pm	ZUMBA	MULTI	CATHY #
WED 22nd MAY	PH : WESAK DAY CLUB OPERATION HOUR : 10AM - 7PM			
	10.00am - 11.00am	AERODANCE	A	ARY
	11.00am - 12.00pm	FREESTYLE STEP	B-C	ARJIETE
	12.00pm - 1.00pm	POWER YOGA	B-C	FELICIA
	1.00pm - 2.00pm	PILATES WITH MAGIC CIRCLE	A-B	NIKI
THU 23rd MAY	7.00am - 8.00am	HIIT WEIGHT TRAINING #	A-B	MARK #
	10.00am - 11.00am	BEGINNER STEP	A	DANIEL HEW
	11.05am - 12.05pm	HIIT	A-B	DELON
	12.10pm - 1.10pm	ZUMBA	Multi	RIME
	1.15pm - 2.15pm	RESTORATIVE YOGA	A-B	JESTINE #
	6.30pm - 7.30pm	HIIT WEIGHT TRAINING	A-B	LIZ
FRI 24th MAY		<u>GYM AREA</u>		
	7.00am - 8.00am	HATHA YOGA	A-B	JESTINE
	7.00am - 8.00am	STEP 2 IT	A-B	DENNIS
	9.45am - 10.45am	MAT PILATES	A-B	KEN LIM
	10.50am - 11.50am	FREESYTL X-POSE	MULTI	EMY
	6.00pm - 7.00pm	*RESTORATIVE YOGA	A-B	LILY YAP #
	7.00pm - 8.00pm	SOCIAL LATIN - PARTNER	A-B	DAREN
SAT 25th MAY	8.00am - 9.00am	HATHA YOGA	A-B	LILY YONG
	9.00am - 10.00am	AERIAL YOGA	B	CANCEL
	10.00am - 11.00am	SOCIAL LATIN - SOLO	A	DAREN
	11.05am - 12.05pm	ENERGY FLOW	A-B	CEDRIC
	12.05pm - 1.05pm	PILATES WITH FOAM ROLLER	A-B	NIKI
	1.05pm - 2.05pm	CARDIO HI LO	MULTI	ARENE
	2.10pm - 3.10pm	FREESYTL X-POSE	MULTI	EMY
SUN 26th MAY	11.00am - 12.00pm	*BODY TONING	MULTI	FENDI
	12.05pm - 1.05pm	CARDIO HI LO	MULTI	ARENE
	1.10pm - 2.10pm	STEP 2 IT	B-C	DANIEL HEW
	3.00pm - 4.00pm	YIN YANG YOGA	A-B	LILY YAP
	4.05pm - 5.30pm	GYROKINESIS®	A-B	NIKI

**ON LEAVE** : AI MEI (23/5), SWEE KEONG (23/5), NIKI (24/5), JANE (25/5)

**NOTICE :**

- Restorative Yoga and Basic Hatha Yoga class is alternate class on every Tuesday at 1.15pm.
- Zumba and Restorative Yoga class is an alternate class on every Friday at 6pm.
- Aerofight & Body Toning class is alternate class on every Sunday at 11am
- **THE COMPANY RESERVE THE RIGHT TO REPLACE OR CANCEL ANY OF THE CLASSES WHICH HAVE LOW ATTENDANCE (AVERAGE LOWER THAN 5)**

**Note :**

 = Male Instructor  
Level A = Beginner  
Level B = Intermediate  
Level C = Advance  
TBC = To Be Confirmed  
# = Replacement