

Group Fitness Schedule – April 2023

Single Session
\$21

10-session Package
\$156

TIME	MONDAY	TUESDAY		WEDNESDAY	THURSDAY		FRIDAY	SATURDAY	SUNDAY
7:00 a.m.	Spin Class Jacyn Gym Studio	TRX (7:30 a.m.) Aidi Mas Gym Studio		 Body Art Dee Dee Quad Studio					
8:00 a.m.	Les Mills Body Pump Cheerene Gym Studio	Hatha Yoga Yvonne Quad Studio		Pilates Matwork Serena Quad Studio	Yoga Stretch Vanan Quad Studio		 Body Art Dee Dee Quad Studio April 7 – no class	Hatha Yoga Josephine Gym Studio April 22 – no class	Yoga Stretch Vanan Gym Studio April 9 – no class
8:30 a.m.	Deep Water Running Anna Swimming Pool			Aqua Stand Up Francesca Swimming Pool	Deep Water Running Barbara Swimming Pool		Deep Water Running Anna Swimming Pool April 7 – no class		
9:10 a.m.	Power Yoga Serena Quad Studio	Vinyasa Yoga Vanan Quad Studio		Les Mills Body Combat Juztin Gym Studio	Vinyasa Yoga Vanan Quad Studio		Pilates Matwork Jerry Quad Studio April 7 – no class	Les Mills Body Pump Cheerene Gym Studio April 22 – no class	TRX Vanan Gym Studio April 9 – no class
10:20 a.m.	Pilates Mat Flow Elaine Te Quad Studio	Yoga Stretch Vanan Quad Studio	Zumba Serena Gym Studio	Aerial Yoga Ben Chiu Gym Studio	Abs, Butt & Thighs Jerry Gym Studio	Yoga Stretch Vanan Quad Studio	Abs, Butt & Thighs Jerry Gym Studio April 7 – no class	Les Mills Body Combat Cheerene Gym Studio April 22 – no class	Yoga Stretch Vanan Gym Studio
11:30 a.m.	Yoga Stretch Josephine Quad Studio	Les Mills Body Pump Elaine Goh Gym Studio		Jazzercise Power Sculpt Maegan Gym Studio				Les Mills Body Balance Joey Gym Studio April 22 – no class	TRX (12pm) Vanan Gym Studio April 9 – no class
12:45 p.m.	TRX Aidi Mas Gym Studio			Bosu Ball Training Aidi Mas Gym Studio			TRX Aidi Mas Gym Studio April 7 – no class		
6:30 p.m.		Yoga Stretch Vanan Quad Studio			Les Mills Body Pump Cheerene Gym Studio			Aqua Stand Up Francesca Swimming Pool April 22 – no class	
7:00 p.m.	Les Mills Body Pump Cheerene Gym Studio	Body Balance Joey Gym Studio		Yoga Stretch Vanan Gym Studio					