

GROUP EXERCISE SCHEDULE

16 March 2020 – 22 March 2020

Monday 16 Mar 2020	Tuesday 17 Mar 2020	Wednesday 18 Mar 2020	Thursday 19 Mar 2020	Friday 20 Mar 2020	Saturday 21 Mar 2020	Sunday 22 Mar 2020
		12:30pm-1:30pm Pilates <i>Melvin Goh</i>			10:00am-11:00am Dynamic Yoga <i>Melyvn Goh</i>	
7:00pm-8:00pm Yogalates <i>Dawn</i>	6:30pm-7:30pm Aroma Yoga <i>Dawn</i>	7:00pm-8:00pm Dynamic Yoga <i>Melyvn Goh</i>	7:00pm-8:00pm Vinyasa Yoga <i>Dawn</i>	7:00pm-8:00pm Hatha Yoga <i>Audrey T</i>		5:00pm-6:00pm Yin Yoga <i>Audrey T</i>

VISIT WEBSITE

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ABT: A low impact-high intensity workout, focusing mainly on the abdominal, butts and thighs to banish excess bulge

AROMA YOGA: Incorporates aromatherapy and Vinyasa yoga movements for balance, relaxation and meditation

BARRE SCULPT: Beginner-friendly class that helps develop long lean muscle, and improve your physique and posture

DYNAMIC YOGA: Rigorous workout that develops strength, flexibility and balance with the use of continuous yoga movement. It synchronizes breath and movement to help the body energy flow

HATHA YOGA: Using the breath to link the body and the mind with classical yoga poses, it builds flexibility and strength at a slower pace during the lesson. This well-rounded style balances and opens the body

PILATES: This session focuses on body alignment, muscle lengthening and endurance building whilst stretching muscles and releasing tension

VINYASA YOGA: A vigorous style of yoga based on a rapid flow through sun salutations. Vinyasa yoga classes are often termed as a flow class, which refers to the continuous flow from one posture to the next

YOGALATES: Combines the strength and flexibility exercises of a Yoga class along with the core tightening and strengthening benefits of Pilates to achieve a slimmer physique and better posture

YIN YOGA: Explores the body's deep stretching endurance to cultivate a peaceful and meditative mind. The Yin practice concentrates on keeping joints mobile and the experience quiet and passive with a quality of stillness

YOGALATES WITH SOL RING: A combination of Sol Ring Yoga and Pilates movements to strengthen your core, lengthen the body, and