



## Group Exercise Schedule (November 2023)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1230-1330</b>	<b>1230-1330</b>	<b>1230-1330</b>		<b>1230-1330</b>	<b>930-1030</b>	
ABT Melvyn Goh	Pilates Serena	Hatha Yoga Pauline		Vinyasa Yoga Pauline	Yogalates Serena	
<b>1900-2000</b>			<b>1900-2000</b>			
Yin Yoga Pauline			Flow Yoga Dawn Sim			

**All classes are priced at \$25+ per session.**

**No Classes are available on all Public Holidays, Xmas's Eve, New Year's Eve and CNY's Eve**

### **ABT**

A low impact but high intensity body workout, focusing mainly on the Abdominal, Butts and Thigh area of the body to banish excess bulge.

### **YOGALATES**

This practice combines the strength and flexibility exercises of a Yoga class along with the core tightening and strengthening benefits of Pilates that also helps one achieve a slimmer physique and better posture.

### **FLOW 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.

### **HATHA YOGA**

Hatha yoga uses 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**

This practice combines the strength and flexibility exercises of a Yoga class along with the core tightening and strengthening benefits of Pilates that also helps one achieve a slimmer physique and better posture

### **GENTLE YOGA**

Great for beginners! It aids to improve flexibility, range of motion, muscle toning and loosening of the joints. Suitable for all levels and ages.