



Group Exercise Schedule (December 2023)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1230-1330	1230-1330	1230-1330		1230-1330	930-1030	
ABT Melvyn Goh	Pilates Serena	Hatha Yoga Pauline		Vinyasa Yoga Pauline	Yogalates Serena	
1900-2000			1900-2000			
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.