

Group Fitness Classes Schedule

Fitness Studio + ZOOM

Meeting ID: 915 0957 4644

Password: INSEAD01!

Monday 12:00pm – 12:45pm	Tuesday 12:00pm – 12:45pm	Wednesday 12:00pm – 12:45pm	Thursday 12:00pm – 12:45pm	Friday 12:00pm – 12:45pm
 Cardio Coordinated Cycling	 Step & Tone	 Cardio Kickboxing	 Pump It Up	 Dance / Aerobics
Monday 6:00pm – 6:30pm	Tuesday 6:00pm – 6:45pm	Wednesday 6:00pm – 6:30pm	Thursday 6:00pm – 6:45pm	Friday 6:00pm – 6:30pm
 Body Weight Mobility Exercise	 H.I.I.T	 Hard Core	 Cardio Kickboxing	 Stretching for Strength

- **FREE FOR MEMBERS**
- For safety reasons, **ALL** classes are kept at a certain number
- All classes are on a **first-come-first-served-basis** and will start on time! **No reservations!**
- All high intensity classes will be at 45mins and low intensity classes will be at 30mins.
- Only those who are fully vaccinated will be allowed entry to the gym

Please feel free to call the Fitness Centre @ 6799 5448 or email: fitness.sg@insead.edu
For any inquiries or to obtain a copy of the class description.

Group Fitness Classes Schedule (NOON)

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Monday
12:00pm – 12:45pm

Cardio Coordinated Cycling (45mins)

C3 is an exciting and fun filled class that will increase your adrenaline. An excellent workout to bring up your heart rate and have a good 45 minutes cardiovascular pump without stressing your body on the bike. A session that caters to intermediate to advanced levels where the trainer will also challenge participants to perform at their maximum level to gain greatest benefits.

Tuesday
12:00pm – 12:45pm

Step & Tone (45mins)

This high energy class combines athletically aerobic movements with resistance and bodyweight exercises. It helps to strengthen your bones and muscles, reducing your risk of cardiovascular disease and strengthen your core muscle including abdominal muscle, back muscle and the muscle around the pelvis.

Wednesday
12:00pm – 12:45pm

Kickboxing H.I.I.T (45mins)

Mix up your routine with flexibility and strength-building moves in kickboxing h.i.i.t class. A cardiovascular workout consisting of Kickboxing movements & incorporate high-intensity interval training, plyometric, calisthenics and other exercises.

Thursday
12:00pm – 12:45pm

Pump It Up (45mins)

PUMP IT UP is a barbell workout for anyone looking to get lean, toned and fit in a faster way using light to moderate weights with many repetitions, this class gives you a total body workout.

Friday
12:00pm – 12:45pm

Dance / Aerobics (45mins)

Aerobics is a fun class for all levels. This class includes the basic fundamental aerobic movements. The routines are fun and easy to follow. In dance, we will be grooving to a new routine in a different style each week. Slam your body down and wind it all around. Get fit while you are feeling the groove.

Group Fitness Classes Schedule (EVENING)

Fitness Studio + ZOOM

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Monday
6:00pm – 6:30pm

Body Weight Mobility Exercise (30mins)

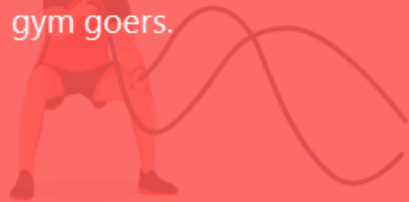
Bodyweight mobility exercise is a programme that only uses your own bodyweight. It will help you to improve your range of motion, prevent injuries and promote recovery of muscles, tendons and ligaments.



Tuesday
6:00pm – 6:45pm

H.I.I.T (45mins)

This is a strength and conditioning programme that consists a mixture of aerobic and body weight exercises. H.I.I.T workouts incorporate high-intensity interval training, plyometric, calisthenics and other exercises. This class is suitable for intermediate to advanced gym goers.



Wednesday
6:00pm – 6:30pm

Hard Core(30mins)

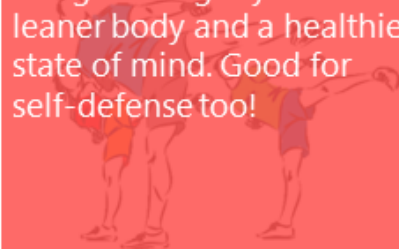
Devote 30 minutes of your time to challenge your core muscles to improve posture and strength. This class emphasizes on core training that will focus on tightening your transverses abdominis.



Thursday
6:00pm – 6:45pm

Cardio Kickboxing (45mins)

Mix up your routine with flexibility and strength-building moves in kickboxing class. These high-intensity burns 300-600 calories in 45mins. A cardiovascular workout consisting of jabs, hooks, uppercuts and kicks designed to get you a leaner body and a healthier state of mind. Good for self-defense too!



Friday
6:00pm – 6:30pm

Stretching For Strength (30mins)

Stretching – To gain strength, range of motion, and increase flexibility. Stretching should never cause pain, especially joint pain. If it does, you are stretching too far and too much.

