

GROUP FITNESS CLASSES

06 January - 28 March 2025



MONDAY

C3 SPINNING

12:00pm - 12:45pm
(Fitness Studio / 10pax)

C3 is a high-energy class that boosts your heart rate and gives you a great 45-minute cardio workout, without stressing your body. Perfect for intermediate to advanced levels, this session challenges you to push for maximum benefits.

TUESDAY

YOGA

12:00pm - 12:45pm
(Fitness Studio / 12pax)

Increase your strength & flexibility, come de-stress in our Yoga class.

NEW YEAR'S RESOLUTION WORKOUT

12:30pm - 1:00pm
(Yoga Studio / 5pax)

The New Year's Resolution Workout full-body class that mixes cardio, strength, and flexibility. Suitable for beginners level, it helps you push to your own limits, stay motivated, and build healthy habits for the year ahead.

WEDNESDAY

KICKBOX STEPS

12:00pm - 12:45pm
(Fitness Studio / 10pax)

KickBox Steps combines kickboxing moves with step aerobics for a high-energy, full-body workout that boosts cardio, strength, and coordination.

THURSDAY

DANCE / AEROBICS

12:00pm - 12:45pm
(Fitness Studio / 12pax)

Dance/Aerobics is a workout that gets your heart pumping, makes you sweat, and boosts your breathing.

SPARTANS TRAINING

12:30pm - 1:00pm
(Outdoor / 12pax)

Spartans Training is a high-intensity workout that combines strength, endurance, and agility to push you and build a warrior mindset.

FRIDAY

TGIF!

12:00pm - 12:45pm
(Fitness Studio / 12pax)

Unwind from your week and kickstart your weekend with a workout at our gym. TGIF Fitness is a fun, rotating fitness class every Friday, offering a mix of different workouts to keep things exciting and challenging.

**Guided trainings are also available on OFF PEAK hours.