VALLEY GYM

MARCH
Group Class Schedule
(50 Minutes Per Class)

Class Intensity Level
All Levels/Beginners
Intermediate Level

Enquiry Hotline:
29661213 / 29661347

Time	MON(星期一) 4,11,18,25	
08:00	**BARRE (JILL)**	💧
09:00	**BODY COMBAT™ (LUIS)**	💧💧
	HIIT REFORMER Lv2 (JILL)	💧💧
10:00	**REFORMER FLOW (SAM)** *4 Mar Instructor: Raul *Class not available on 25 Mar	💧
	STREET JAZZ (JILL)	💧
	PILATES REFORMER Lv2 (JENS) *4 Mar Instructor: FREDDIE	💧💧
	STICK MOBILITY (LUIS)	💧
11:00	**TRX FITNESS (JENS)** *4 Mar Instructor: JILL	💧
	REFORMER FLOW (SAM) *4 Mar Instructor: RAUL *25 Mar Instructor: JILL	💧
	ALIGNMENT YOGA (FREDDIE)	💧
	BOXING FIT (WIN) *4, 11 Mar Instructor: BOBBY	💧💧
12:00	**MAT PILATES (SAM)** *4 Mar Instructor: RAUL *25 Mar Instructor: JILL	💧
	PILATES REFORMER Lv2 (JENS) *4 Mar Instructor: JILL	💧💧
	RELAXING STRETCH (FREDDIE)	💧
	BEGINNERS' BOXING (WIN) *Class available starting from 18 Mar	💧
13:00	**REGGAETON DANCE (JENS)** *4 Class type: STREET JAZZ (JILL)	💧
16:00	**REFORMER FLOW (FREDDIE)**	💧
17:00	**YOGA THERAPY (FREDDIE)**	💧
18:30	**PILATES REFORMER (RAUL)** *11 Mar Instructor: JILL	💧
19:30	**PILATES REFORMER (RAUL)** *11 Mar Instructor: JILL	💧
	WESTERN BOXING (WIN) *4 ,11 Mar Instructor: BOBBY	💧💧
20:30	**PILATES REFORMER (RAUL)** *11 Mar Instructor: JILL	💧

- Bookings can be made up to 10 days in advance
- Class will start on time (Late arrival to the class will be declined entry and subjected to our late cancellation policy)
- All Cancellation must be made at least 4 hours before the lesson started (Late cancellation / no show charges $230 will be applied)

! **Latino Dance Master Class 90 minutes**
Join us for an exclusive program dedicated to mastering Latino dance.
Each session is priced at $400.

HKJC Members' Mobile App

MARCH Group Class Schedule

(50 Minutes Per Class)

Time	TUE(星期二) 5, 12, 19, 26
08:00	**MOBILITY FLOW (LUIS)**
	WESTERN BOXING (WIN) *5, 12 Mar Instructor: BOBBY
09:00	**TRX YOGA (JILL)**
	REFORMER FLOW (FREDDIE)
10:00	**REFORMER FLOW (FREDDIE)**
	BACHATA DANCE (SANDRA
	REFORMER FLOW Lv2 (JILL)
	YOGA THERAPY (JOANNE)
	BEGINNERS' BOXING (WIN) *5, 12 Mar Instructor: BOBBY
11:00	**PILATES REFORMER (RAUL)** *12 Mar Instructor: JENS
	TRX FITNESS (LUIS)
	HIIT REFORMER Lv2 (JILL)
	YIN YANG (JOANNE)
12:00	**STREET JAZZ (SANDRA)** *Class not available on 19 Mar
	PILATES REFORMER (RAUL) *12 Mar Instructor: JENS
	AERIAL YOGA (JOANNE)
15:00	**WARM RELAXING STRETCH (JOANNE)**
16:00	**HOT HATHA YOGA (JOANNE)**
17:30	**REFORMER FLOW (JILL)**
18:30	**HIIT REFORMER Lv2 (JILL)**
	BOXING FIT (WIN) *5, 12 Mar Instructor: BOBBY
19:30	**WESTERN BOXING (WIN)** *5, 12 Mar Instructor: BOBBY

Time	WED(星期三) 6, 13, 20, 27
08:00	**REFORMER FLOW (YEN)** *6 Mar Instructor: JILL
09:00	**REFORMER FLOW (YEN)** *6 Mar Instructor: **FREDDIE**
	BARRE (JILL)
	PILATES REFORMER Lv2 (JENS) *Class available starting from 13 Mar
10:00	**REFORMER FLOW (FREDDIE)**
	DANCE FITNESS (SANDRA) *20 Mar Instructor: JENS
	HIIT REFORMER Lv2 (JILL)
	MAT PILATES (SAM) *27 Mar Instructor: ARNOLD
11:00	**REFORMER FLOW (SAM)** *27 Mar Instructor: ARNOLD
	ABS BUTTS AND THIGHS (SANDRA) *20 Mar Instructor: JILL
	PILATES REFORMER Lv2 (JENS) *6 Mar Instructor: JILL
	VINYASA 1 (FREDDIE)
12:00	**BODY PUMP™ (JILL)**
	REFORMER FLOW (SAM) *27 Mar Instructor: ARNOLD
	AERIAL YOGA (FREDDIE)
13:00	**YOGA THERAPY (FREDDIE)**
16:00	**REFORMER FLOW (ARNOLD)**
17:00	**REFORMER FLOW (ARNOLD)**

Class Intensity Level

All Levels/Beginners

Intermediate Level

MARCH
Group Class Schedule

(50 Minutes Per Class)

Time	THU(星期四) 7, 14, 21, 28	
08:00	**TRX FITNESS (LUIS)**	💧
09:00	**ViPR TRAINING (LUIS)**	💧💧
10:00	**LATINO DANCE (JENS)** *Class available starting from 14 Mar	💧
	PILATES REFORMER Lv2 (RAUL) *7,14 Mar Instructor: JILL	💧💧
	ALIGNMENT YOGA (FREDDIE)	💧
	PRAMA (LUIS)	💧💧
11:00	**PILATES REFORMER (JENS)** *Class available starting from 14 Mar	💧
	BODYPUMP™ (LUIS)	💧💧
	PILATES REFORMER Lv2 (RAUL) *7,14 Mar Instructor: JILL	💧💧
	RELAXING STRETCH (FREDDIE)	💧
	BEGINNERS' BOXING (WIN) *7 Mar Instructor: BOBBY	💧
12:00	**STREET JAZZ (JENS)** *Class available starting from 14 Mar	💧
	PILATES REFORMER (RAUL) *7,14 Mar Instructor: JILL	💧
	YIN YANG (FREDDIE)	💧
13:00	**MUAY THAI (WIN)** *Class available starting from 14 Mar	💧💧
19:30	**PILATES REFORMER Lv2 (JENS)** *Class available starting from 14 Mar	💧💧
20:30	**PILATES REFORMER Lv2 (JENS)** *Class available starting from 14 Mar	💧💧

Time	FRI(星期五) 1, 8, 15, 22, 29	
07:00	**VALLEY RIDE (LUIS)**	💧💧
08:00	**FUNCTIONAL FIT (LUIS)**	💧💧
09:00	**BODYPUMP™ (LUIS)**	💧💧
10:00	**VALLEY RIDE (LUIS)** *15 Mar Special Workshop: Fuel up! Spinning Fit !	💧💧
	LATINO DANCE (SANDRA)	💧
	REFORMER FLOW (ARNOLD) *1 Mar Instructor: YAN *8 Mar Instructor: JILL	💧
	AERIAL YOGA (JOANNE)	💧
11:00	**ZUMBA DANCE (SANDRA)**	💧
	REFORMER FLOW (ARNOLD) *1 Mar Instructor: YAN *8 Mar Instructor: JILL	💧
	YOGA WHEEL (JOANNE)	💧
	BEGINNERS' BOXING (WIN) *1, 8 Mar Instructor: BOBBY	💧
12:00	**ROLLER RELEASE (LUIS)**	💧
	PILATES REFORMER Lv2 (RAUL) *8 Mar Instructor: JILL *15 Mar Instructor: ARNOLD	💧💧
	YOGALATES (JOANNE)	💧
	BOXING FIT (WIN) *Class available starting from 15 Mar	💧💧
13:00	**YIN YOGA (JOANNE** *Class not available on 29 Mar	💧
	WESTERN BOXING (WIN) *Class available starting from 15 Mar *Class not available on 29 Mar	💧💧
16:00	**DANCE FITNESS (SANDRA)** *Class not available on 29 Mar	💧
17:00	**LATINO DANCE (SANDRA)** *Class not available on 29 Mar	💧
18:30	**PILATES REFORMER (RAUL)** *8 Mar Instructor: YEN *15 Mar Instructor: JENS *Class not available on 29 Mar	💧
19:30	**PILATES REFORMER (RAUL)** *8 Mar Instructor: YEN *15 Mar Instructor: JENS *Class not available on 29 Mar	💧

Class Intensity Level

All Levels/Beginners 💧

Intermediate Level 💧💧

MARCH Group Class Schedule

(50 Minutes Per Class)

Time	SAT(星期六) 2, 9, 16, 23, 30
09:00	**PILATES REFORMER (RAUL)** *9 Mar Instructor: JENS *16 Mar Instructor: JILL
	WESTERN BOXING (WIN) *2, 9 Mar Instructor: LOUIS
10:00	**DANCE FITNESS (JENS)** *Class available starting from 9 Mar
	REFORMER FLOW Lv2 (JILL) *Class available starting from 16 Mar
	ALIGNMENT YOGA (FREDDIE)
	FUNCTIONAL FIT (RAUL) *9, 16 Mar Instructor: LUIS
11:00	**PILATES REFORMER (JENS)** *Class available starting from 9 Mar
	BODYPUMP™ (JILL) *2, 9 Mar Instructor: LUIS
	PILATES REFORMER Lv2 (RAUL) *Class not available on 9, 16 Mar
	YOGA THERAPY (FREDDIE)
	MUAY THAI (WIN) *2, 9 Mar Instructor: LOUIS
12:00	**TRX FITNESS (RAUL)** *9, 16 Mar Instructor: LUIS
	HIIT REFORMER Lv2 (JILL) *Class available starting from 9 Mar *9 Mar Instructor: JENS
	RELAXING STRETCH (FREDDIE)
	WESTERN BOXING (WIN) *Class available starting from 16 Mar
15:00	**LATINO DANCE MASTER CLASS (NIKATA)** *Class not available on 23 Mar
	AERIAL YOGA (JOANNE)
16:00	**STICK MOBILITY (JOANNE)**

Time	SUN(星期日) 3, 10, 17, 24, 31
09:00	**FUNCTIONAL FIT (LUIS)**
10:00	**TRX FITNESS (LUIS)**
	PILATES REFORMER (JENS) *3 Mar Instructor: JILL
11:00	**DANCE FITNESS (JENS)** *Class available starting from 10 Mar
	REFORMER FLOW Lv2 (JILL) *17 Mar Instructor: YEN
	ROLLER RELEASE (LUIS)
12:00	**HIIT REFORMER Lv2 (JILL)** *17 Mar Instructor: JENS
	STICK MOBILITY (JOANNE)
13:00	**RELAXING STRETCH (JOANNE)**

Class Intensity Level

All Levels/Beginners

Intermediate Level

VALLEY GYM

APRIL
Group Class Schedule

(50 Minutes Per Class)

Class Intensity Level
All Levels/Beginners
Intermediate Level

APRIL'S HIGHTLIGHT :
29th Apr International Dance Day
10:00 and 11:00
Footsteps of the World:
Cross – Cultural Dance
(JILL x JENS)

Time	MON(星期一) APR 1,8,15,22,29	
08:00	**BARRE (JILL)**	💧
09:00	**BODY COMBAT™ (LUIS)** *8 Apr Class type: TRX Fitness (ARNOLD)	💧💧
	HIIT REFORMER Lv2 (JILL)	💧💧
	BOXING FIT (WIN)	💧💧
10:00	**REFORMER FLOW (SAM)** *1, 8 Apr Instructor: FREDDIE	💧
	STREET JAZZ (JILL) *Class not available on 29 Apr	💧
	PILATES REFORMER Lv2 (JENS)	💧💧
	STICK MOBILITY (LUIS) *8 Apr Instructor: ARNOLD	💧
11:00	**TRX FITNESS (JENS)** *Class not available on 29 Apr	💧
	REFORMER FLOW (SAM) *1, 8 Apr Instructor: JILL	💧
	ALIGNMENT YOGA (FREDDIE)	💧
	BOXING FIT (WIN)	💧💧
12:00	**MAT PILATES (SAM)** *1, 8 Apr Instructor: JILL	💧
	PILATES REFORMER Lv2 (JENS)	💧💧
	RELAXING STRETCH (FREDDIE)	💧
	BEGINNERS' BOXING (WIN)	💧
13:00	**REGGAETON DANCE (JENS)** *Class available starting from 8 Apr	💧
16:00	**REFORMER FLOW (FREDDIE)** *Class available starting from 8 Apr	💧
17:00	**YOGA THERAPY (FREDDIE)** *Class available starting from 8 Apr	💧
18:30	**PILATES REFORMER (RAUL)** *Class available starting from 8 Apr	💧
19:30	**PILATES REFORMER (RAUL)** *Class available starting from 8 Apr	💧
	WESTERN BOXING (WIN) *Class available starting from 8 Apr	💧💧
20:30	**PILATES REFORMER (RAUL)** *Class available starting from 8 Apr	💧

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! **Latino Dance Master Class 90 minutes**
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Each session is priced at $400.

HKJC Members' Mobile App

APRIL
Group Class Schedule

(50 Minutes Per Class)

Time	TUE(星期二) APR 2, 9, 16, 23, 30	
08:00	FUNCTIONAL FIT (LUIS) *Class available starting from 9 Apr	💧💧
	WESTERN BOXING (WIN)	💧💧
09:00	TRX YOGA (JILL)	💧💧
	REFORMER FLOW (FREDDIE)	💧
10:00	REFORMER FLOW (FREDDIE)	💧
	BACHATA DANCE (SANDRA)	💧
	REFORMER FLOW Lv2 (JILL)	💧💧
	YOGA THERAPY (JOANNE)	💧
	BEGINNERS' BOXING (WIN)	💧
11:00	PILATES REFORMER (RAUL)	💧
	TRX FITNESS (LUIS) *Class available starting from 9 Apr	💧
	HIIT REFORMER Lv2 (JILL)	💧💧
	YIN YANG (JOANNE)	💧
12:00	STREET JAZZ (SANDRA)	💧
	PILATES REFORMER (RAUL)	💧
	YOGA WHEEL (JOANNE)	💧
15:00	WARM RELAXING STRETCH (JOANNE)	💧
16:00	REFORMER – POSTURE RESET (JOANNE)	💧
17:30	REFORMER FLOW (JILL)	💧
18:30	HIIT REFORMER Lv2 (JILL)	💧💧
19:30	WESTERN BOXING (BOBBY)	💧💧

Time	WED(星期三) APR 3, 10, 17, 24	
08:00	REFORMER FLOW (YEN)	💧
09:00	REFORMER FLOW (YEN)	💧
	BARRE (JILL)	💧
	PILATES REFORMER Lv2 (JENS)	💧💧
10:00	REFORMER FLOW (FREDDIE)	💧
	DANCE FITNESS (SANDRA)	💧
	HIIT REFORMER Lv2 (JILL)	💧💧
	MAT PILATES (SAM) *3 Apr Instructor: YEN	💧
11:00	REFORMER FLOW (SAM) *3 Apr Instructor: JILL	💧
	ABS BUTTS AND THIGHS (SANDRA)	💧💧
	PILATES REFORMER Lv2 (JENS)	💧💧
	VINYASA 1 (FREDDIE)	💧
12:00	BODYPUMP™ (JILL)	💧💧
	REFORMER FLOW (SAM) *3 Apr Instructor: YEN	💧
	AERIAL YOGA (FREDDIE)	💧
13:00	YOGA THERAPY (FREDDIE)	💧
16:00	REFORMER FLOW (ARNOLD)	💧
17:00	REFORMER FLOW (ARNOLD)	💧

Class Intensity Level

All Levels/Beginners

Intermediate Level 💧💧

APRIL Group Class Schedule

(50 Minutes Per Class)

Time	THU(星期四) APR 4, 11, 18, 25	
08:00	**TRX FITNESS (LUIS)** *4 Apr Instructor: JENS	💧
09:00	**ViPR TRAINING (LUIS)** *Class available starting from 11 Apr	💧💧
10:00	**LATINO DANCE (JENS)**	💧
	PILATES REFORMER Lv2 (RAUL)	💧💧
	ALIGNMENT YOGA (FREDDIE)	💧
	PRAMA (LUIS) *Class available starting from 11 Apr	💧💧
11:00	**PILATES REFORMER (JENS)**	💧
	BODYPUMP™ (LUIS) *Class available starting from 11 Apr	💧💧
	PILATES REFORMER Lv2 (RAUL)	💧💧
	RELAXING STRETCH (FREDDIE)	💧
	BEGINNERS' BOXING (WIN)	💧
12:00	**STREET JAZZ (JENS)**	💧
	PILATES REFORMER (RAUL)	💧
	YIN YANG (FREDDIE)	💧
	MUAY THAI (WIN)	💧💧
19:30	**PILATES REFORMER Lv2 (JENS)** *Class available starting from 11 Apr	💧💧
20:30	**PILATES REFORMER Lv2 (JENS)** *Class available starting from 11 Apr	💧💧

Time	FRI(星期五) APR 5, 12, 19, 26	
07:00	**VALLEY RIDE (LUIS)** *Class available starting from 12 Apr	💧💧
08:00	**FUNCTIONAL FIT (LUIS)** *5 Apr Instructor: JENS	💧💧
09:00	**BODYPUMP™ (LUIS)** *5 Class type: ABS BUTTS AND THIGHS (JENS)	💧💧
	WESTERN BOXING (WIN)	💧💧
10:00	**VALLEY RIDE (LUIS)** *Class available starting from 12 Apr	💧💧
	LATINO DANCE (SANDRA) *Class not available on 12 Apr	💧
	REFORMER FLOW (ARNOLD) *12 Apr Instructor: JENS	💧
	AERIAL YOGA (JOANNE)	💧
	WESTERN BOXING (BOBBY)	💧💧
	PILATES REFORMER (RAUL) *Class available only on 5 Apr	💧
11:00	**ZUMBA DANCE (SANDRA)** *Class not available on 12 Apr	💧
	REFORMER FLOW (ARNOLD) *12 Apr Instructor: JENS	💧
	YOGA WHEEL (JOANNE)	💧
	BEGINNERS' BOXING (WIN)	💧
	PILATES REFORMER (RAUL) *Class available only on 5 Apr	💧
12:00	**ROLLER RELEASE (LUIS)** *5 Apr Class type: Relaxing Stretch (ARNOLD)	💧
	PILATES REFORMER Lv2 (RAUL)	💧💧
	VINYASA 1 (JOANNE)	💧
	BOXING FIT (WIN)	💧💧
13:00	**YIN YOGA (JOANNE)**	💧
16:00	**DANCE FITNESS (SANDRA)**	💧
17:00	**LATINO DANCE (SANDRA)**	💧
18:30	**PILATES REFORMER (RAUL)**	💧
19:30	**PILATES REFORMER (RAUL)**	💧

Class Intensity Level

All Levels/Beginners 💧

Intermediate Level 💧💧

APRIL
Group Class Schedule

(50 Minutes Per Class)

Time	SAT(星期六) APR 6, 13, 20, 27	
09:00	PILATES REFORMER (RAUL)	💧
	WESTERN BOXING (WIN)	💧💧
10:00	DANCE FITNESS (JENS)	💧
	REFORMER FLOW Lv2 (JILL)	💧💧
	ALIGNMENT YOGA (FREDDIE) *27 Apr Instructor: JOANNE	💧
	FUNCTIONAL FIT (RAUL)	💧💧
11:00	PILATES REFORMER (JENS)	💧
	BODYPUMP™ (JILL)	💧💧
	PILATES REFORMER Lv2 (RAUL)	💧💧
	YOGA THERAPY *27 Apr Instructor: JOANNE	💧
	MUAY THAI (WIN)	💧💧
12:00	TRX FITNESS (RAUL)	💧
	HIIT REFORMER Lv2 (JILL)	💧💧
	RELAXING STRETCH *27 Apr Instructor: JOANNE	💧
	WESTERN BOXING (WIN)	💧💧
14:00	BEGINNERS' BOXING (WIN)	💧
15:00	LATIN DANCE MASTER CLASS (NIKATA) *Class not available on 20 Apr	💧💧
	AERIAL YOGA (JOANNE)	💧
16:00	STICK MOBILITY (JOANNE)	💧

Time	SUN(星期日) APR 7, 14, 21, 28	
09:00	PRAMA (LUIS)	💧💧
10:00	TRX FITNESS (LUIS) *Class available starting on 14 Apr	💧
	PILATES REFORMER (JENS)	💧
11:00	DANCE FITNESS (JENS)	💧
	REFORMER FLOW Lv2 (JILL)	💧💧
	FUNCTIONAL FIT (LUIS) *Class available starting on 14 Apr	💧💧
12:00	HIIT REFORMER Lv2 (JILL)	💧💧
	STICK MOBILITY (JOANNE)	💧
13:00	RELAXING STRETCH (JOANNE)	💧

Class Intensity Level

💧 All Levels/Beginners

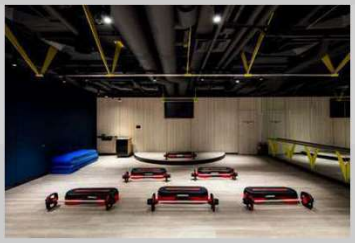
💧💧 Intermediate Level

HYBRID STUDIO

LATINO DANCE
Enjoy a sweaty and fun dance routine choreographed with Latin dance styles originating from different countries in South America, Central America and the Caribbean. Learn dance styles such as champeta, samba, salsa, bachata and merengue. A fun class suitable for everyone.

VALLEY SALSA
In this dance class, participants will learn the fundamentals of Latin dance forms such as salsa. Pick up rapid leg and hip movements, distinctive steps, turns and twirls that make this dance style instantly recognisable. No previous dance experience is required to join.

LES MILLS BODYPUMP™
A fast-paced, barbell-based workout specifically designed to help you get lean, toned and fit. Using light to moderate weights with lots of repetition, this class gives you a total-body workout.



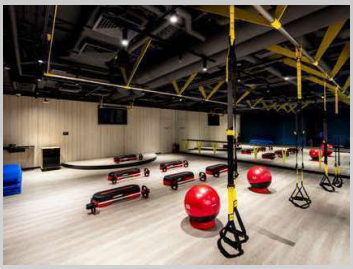
VALLEY TONE
Focusing on strength - enhancing and toning exercises that target your abs and hips, this class uses fun props and your body weight to lift heart rate and increase metabolism.

VALLEY CIRCUIT
A workout based around several exercise stations that you move through quickly after completing one to another. An excellent way to improve mobility, strength and stamina.

VALLEY HIIT (TRX)
A heart-pumping, strength-conditioning, total-body workout that takes your training to the next level. This interval-based class combines short bursts of high-intensity exercise with periods of rest designed to tone your body and improve your endurance.

POWER ABS
Designed to develop a powerful abdominal wall that will take your physical ability to an entirely new level, this class will also improve your postures and general fitness.

LES MILLS BODYCOMBAT™
An empowering cardio workout where you can stretch your limits. This fiercely energetic programme is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Muay Thai.



DANCE FITNESS
This class merges exercise with upbeat music and dancing by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

STREET JAZZ
Street Jazz is an upbeat choreography class set to the latest music. Ready to feel like a dance diva? Learn some new moves and work up a sweat.

TRX YOGA
TRX in yoga suits all levels, from complete beginners to experienced practitioners. The TRX strap supports yoga poses in a wide variety of ways. It helps muscle strength and builds confidence in tackling new or difficult poses.

BARRE
A combination of ballet-inspired moves with elements of Pilates, dance and strength training, designed to burn fat, tone and sculpt your body. This empowering and energizing workout has proven to create long, lean, powerful muscles.

HYBRID STUDIO

MAT PILATES
A mat-based functional movement class with traditional Pilates exercises for toning, strengthening and lengthening the deeper muscles. Build strength without the bulk, improve flexibility and mobility, and prevent injuries. This program is suitable for absolute beginners and experienced Pilates practitioners.

TRX FITNESS
This TRX class incorporates functional and total body resistance exercises using bodyweight and gravity as resistance. This revolutionary and fun workout builds strength and improves balance and coordination, core and joint stability.

BODY ATTACK™
BODY ATTACK™ is a high-energy fitness class with moves catering to both total beginners and seasoned veterans. The class combines athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats for full body conditioning and improved fitness.

MYOFASCIAL ROLLER RELEASE
This class focuses on self-myofascial release, which helps to relieve tension in the body by massaging away adhesions while improving flexibility and circulation.

REGGAETON DANCE
Originating from Panama as 'Spanish reggae', reggaeton is a fusion of reggae, Latin and hip hop music. The reggaeton beat is fun and energetic, and fit for expressive, sensual dance moves involving the hips and Latin dance techniques. This class is for everyone to enjoy.

TABATA & STRETCH
Tabata is a form of high-intensity interval training that increases strength, burns calories and improves cardiovascular and metabolic health. Conducted in a circuit format, each round lasts four minutes, featuring eight intervals of 20 seconds where you go as hard as you can, followed by 10 seconds of rest. Each Tabata workout is scalable to meet your training needs.

ViPR TRAINING
ViPR stands for vitality, performance, reconditioning. Our training bridges the gap between movement and strength training. It combines full-body movement with load, enhancing your vitality, performance and reconditioning goals. ViPR introduces a new concept in fitness and sports training.

ZUMBA DANCE
Zumba is an internationally well-known fitness programme that involves cardio and Latin-inspired dance. Fun and beneficial, it incorporates dance moves designed to get your heart rate up and boost your cardio endurance

STEP FIT
Sweat it out on our step machine to the rhythm of music. It combines fitness training and functional strength exercises by targeting the legs, upper body and core muscles, which builds your strength and flexibility. It caters to all fitness levels.

MOVEMENT STUDIO

PILATES REFORMER
This class focuses on introducing to the Classical Pilates reformer, with techniques and the basic exercises that form the distinctive Tempo Pilates classical repertoire. Using the reformer helps you to strengthen smaller muscle groups, while challenging the core with each movement, improving balance and stability in the process.

REFORMER FLOW
Reformer Flow is structured to focus on mobility and flexibility to relieve discomfort from accumulated tension in the muscles. The class complements as cross-training for those with stiffness or tightness from sports or high-impact workouts. It improves coordination, balance and stability. All levels are welcome.

HIIT REFORMER
Low-impact, tension-under-time training to sculpt core muscles and the upper and lower body. Works on smaller muscle groups to create long and lean muscle tone. All levels are welcome.

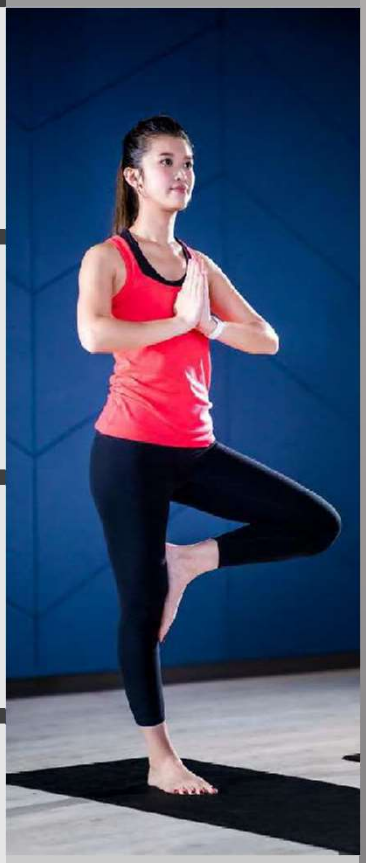
MINDBODY STUDIO

YIN YOGA

Balance the softening of Yin and strengthening of Yang elements within your body through an invigorating practice that involves long-held asanas to relax and calm the nervous system. Promoting relaxation and healing, this class cultivates a focused, meditative mind.

YOGA THERAPY

This simple relaxing asana and breathing practice helps release tensions and stiffness from the body and mind, bringing one back to health. Through simple, slow-paced movements, this healing practice seeks to achieve total calmness. It may include pranayama, chanting, and meditation.



ALIGNMENT YOGA

A grounding and safe yoga practice, weaving intelligent alignment centre action with various breathing practices. Exploring freedom, building strength and flexibility in the body and mind. It may include pranayama, chanting, meditation, and the use of yoga props.

VINYASA 1

A more gentle version of Vinyasa flow focusing on the fluidity of breath and movement between asanas. This class includes flow, balance, strength and breathing technique. Helps relieve stress and deepen the mind body connection. It may include pranayama, chanting, meditation and other sound practices.

VINYASA 2

Vinyasa is a form of yoga in which you seamlessly move from one pose to the next. It allows fluidity of movement while improving endurance, flexibility, strength and mental focus. Our trainers will teach you how to easily transition from Vinyasa 1 to 2 by modifying your poses. Full inversions may be included in the classes. They may also feature pranayama, chanting, meditation and other sound practice.

BEGINNERS' YOGA WHEEL*

Learn how to combine a yoga wheel with your asanas. The wheel acts as the perfect prop for supporting the spine while you stretch your back, and its rolling motion also massages out the knots in the muscle. This beginners' class is ideal for those looking to increase flexibility, balance and core strength.

*This class is not suitable for those who are pregnant or with spinal injuries.

RELAXING STRETCH

A gentle and healing practice in a moderately heated room. Focusing on opening the body and calming the mind, this class is designed to maintain flexibility and release tension and stress from the body. It may include pranayama, chanting, and meditation.

MOBILITY FLOW

Open up your body through a full-range of motion exercises to improve joint mobility and flexibility. Release muscle tension as you move through dynamic flows that blend creative and challenging transitions, balancing and core work.

RIDE STUDIO

RPM
A group indoor cycling workout where you control the intensity. With great music pumping, go on fun, low impact ride of hill climbs, sprints and flat riding.

VALLEY RIDE
A fun, musically driven cycling experience. The music – choreographed and rhythmic – will lead you through a great workout that is different from your usual everyday workout routine.

BOXING ZONE

BOXING FIT
This 50-minute boxing conditioning circuit class integrates functional and resistance-based cardio exercises to improve overall fitness.

WESTERN BOXING
Through a combination of footwork, punching bag and pad techniques, our coach will teach you how to throw different punches and move like a fighter. Expect to work up a sweat and get in shape while having fun. All fitness levels are welcome.

MUAY THAI
This class is a great full-body workout focused on learning and developing Muay Thai fundamentals and techniques. A fun, energetic way to learn how to punch, kick, elbow and knee in a safe environment.

BOXING CONDITIONING
This high-energy workout combines strength work and cardio conditioning to have you in lean fighting shape. Featuring cardio callisthenics, shadowboxing, bag and pad work and core strengthening, this class is a real calorie-burner and great for anybody looking to increase endurance and get shredded.

PRAMA ZONE

PRAMA
A circuit-based, full-body workout combining functional training and HIIT (High Intensity Interval Training). This class incorporates music, lights, and sensors into the workout, turning traditional training into an interactive, motivational and immersive experience.

FUNCTIONAL TRAINING ZONE

FUNCTIONAL FIT
This cross-training group class consists of functional full body integrated exercises to improve strength, cardio endurance, coordination, balance and stability. Improve overall fitness and movement quality.