

PHILLIP WAIN GROUP CLASS SCHEDULE

15th - 21st DECEMBER 2025


DATE	TIME	CLASS TYPE	LEVEL	INSTRUCTOR
MON 15th DEC		<u>GYM AREA</u>		
	7.00am - 8.00am	VINYASA FLOW YOGA	A-B	LILY YAP
	7.00am - 8.00am	STEP 2 IT	A-B	DANIEL HEW
	8.05am - 9.05am	POWER YOGA	A-B	LILY YONG
	9.45am - 10.45am	AERODANCE	A	ARY
	10.50am - 11.50am	FREESTYLE STEP	B-C	ARJIETE
	12.00pm - 1.00pm	MYOFASCIAL RELEASE WITH BALLS	A-B	NIKI
	1.05pm - 2.05pm	STEP 2 IT	B-C	LIN
	6.25pm - 7.25pm	MYOFASCIAL RELEASE WITH BALLS	A-B	NIKI
	7.30pm - 8.30pm	CORE POWER - ABS, BUTT & THIGH	A-B	CEDRIC
TUE 16th DEC	7.00am - 8.00am	PUMP FX	A-B	RON
	10.00am - 11.00am	STEP 2 IT	B-C	DANIEL HEW
	11.00am - 12.00pm	STEEL COMBAT	MULTI	DELON
	12.00pm - 1.00pm	TRX	A-B	DELON
	1.10pm - 2.10pm	*BASIC HATHA YOGA	A-B	FELICIA
	6.25pm - 7.25pm	GYROKINESIS®	A-B	NIKI
	7.30pm - 8.30pm	FREESYTL X-POSE	MULTI	EMY
WED 17th DEC	7.00am - 8.00am	AEROFIGHT	Multi	M DANIEL
	9.45am - 10.45am	AERODANCE	A	ARY
	10.50am - 11.50am	FREESTYLE STEP	B-C	ARJIETE
	11.55am - 12.55pm	POWER YOGA	B-C	FELICIA
	1.00pm - 2.00pm	MAT PILATES	A-B	NIKI
	6.30pm - 7.30pm	ZUMBA	A-B	RIME
	7.30pm - 8.30pm	CHI STRETCH	B-C	ARENE
THU 18th DEC	7.00am - 8.00am	PUMP FX	A-B	AI MEI
	10.00am - 11.00am	BEGINNER STEP	A	DANIEL HEW
	11.05am - 12.05pm	HIIT	A-B	DELON
	12.10pm - 1.10pm	ZUMBA	Multi	RIME
	1.15pm - 2.15pm	ENERGY YOGA #	A-B	CEDRIC #
	6.30pm - 7.30pm	HIIT WEIGHT TRAINING	A-B	LIZ
FRI 19th DEC	7.00am - 8.00am	STEP 2 IT	A-B	DENNIS
	9.45am - 10.45am	MAT PILATES	A-B	KEN LIM
	10.50am - 11.50am	FREESYTL X-POSE	MULTI	EMY
	12.00pm - 1.15pm	GYROKINESIS®	A-B	NIKI
	1.30pm - 2.30pm	LATIN TECHNIQUE	A	CHARMENE
	5.50pm - 6.50pm	RESTORATIVE YOGA	A-B	LILY YAP
	7.00pm - 8.00pm	SOCIAL LATIN - PARTNER	A-B	DAREN
SAT 20th DEC	8.00am - 9.00am	HATHA YOGA	A-B	LILY YONG
	9.00am - 10.00am	AERIAL YOGA	B	JANE
	10.00am - 11.00am	SOCIAL LATIN - SOLO	A	DAREN
	11.05am - 12.05pm	ENERGY YOGA	A-B	CEDRIC
	12.05pm - 1.05pm	PILATES FOR OSTEOPOROSIS	A-B	NIKI
	1.05pm - 2.05pm	CARDIO HI LO	MULTI	ARENE
	2.10pm - 3.10pm	FREESYTL X-POSE	MULTI	EMY
SUN 21st DEC	11.00am - 12.00pm	*AEROFIGHT	MULTI	M. DANIEL
	12.05pm - 1.05pm	CARDIO HI LO	MULTI	ARENE
	1.10pm - 2.10pm	STEP 2 IT	B-C	DANIEL HEW
	3.00pm - 4.00pm	YIN YANG YOGA	A-B	LILY YAP
	4.05pm - 5.30pm	GYROKINESIS®	A-B	NIKI

ON LEAVE : SWEE KEONG (18/12)

NOTICE :

- Restorative Yoga and Basic Hatha Yoga class is alternate class on every Tuesday at 1.15pm.
- Aerofight & Body Toning class is alternate class on every Sunday at 11am
- **THE COMPANY RESERVE THE RIGHT TO REPLACE OR CANCEL ANY OF THE CLASSES WHICH HAVE LOW ATTENDANCE (AVERAGE LOWER THAN 5)**

Note :

 = *Male Instructor*
Level A = Beginner
Level B = Intermediate
Level C = Advance
TBC = To Be Confirmed
= Replacement