

PHILLIP WAIN GROUP CLASS SCHEDULE

15th - 21st SEPTEMBER 2025

DATE	TIME	CLASS TYPE	LEVEL	INSTRUCTOR
MON 15th SEPT	PH : ADDITIONAL HOLIDAY - MALAYSIA DAY			
	OPERATION HOUR : 10AM - 7PM			
	10.00am - 11.00am	AERODANCE	A	ARY
	11.00am - 12.00pm	FREESTYLE STEP	B-C	ARJIETE
	12.00pm - 1.00pm	CHI STRETCH #	A-B	ARENE #
	1.05pm - 2.05pm	STEP 2 IT	B-C	CANCEL
TUE 16th SEPT	2.15pm - 3.15pm	*CORE POWER - ABS, BUTT & THIGH	A-B	CEDRIC
	PH : MALAYSIA DAY			
	OPERATION HOUR : 10AM - 7PM			
	10.00am - 11.00am	STEP 2 IT	B-C	DANIEL HEW
	11.05am - 12.05pm	AEROFIGHT #	MULTI	M. DANIEL #
	12.05pm - 1.05pm	BODY TONING #	A-B	FENDI #
	1.10pm - 2.10pm	ENERGY FLOW #	A-B	CEDRIC #
WED 17th SEPT	2.30pm - 3.30pm	LATIN TECHNIQUE	A	CHARMENE
	3.30pm - 4.30pm	FREESYTLT X-POSE	MULTI	EMY
	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	CATHERINE #
THU 18th SEPT	6.30pm - 7.30pm	ZUMBA	A-B	RIME
	7.30pm - 8.30pm	CHI STRETCH	B-C	ARENE
	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	VINYASA FLOW YOGA #	A-B	LILY YONG #
FRI 19th SEPT	6.30pm - 7.30pm	HIIT WEIGHT TRAINING	A-B	LIZ
	7.00am - 8.00am	STEP 2 IT	A-B	DENNIS
	9.45am - 10.45am	MAT PILATES	A-B	KEN LIM
	10.50am - 11.50am	ZUMBA #	MULTI	RIME #
	5.50pm - 6.50pm	RESTORATIVE YOGA	A-B	LILY YAP
SAT 20th SEPT	7.00pm - 8.00pm	SOCIAL LATIN - PARTNER	A-B	DAREN
	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 FLOW	A-B	CEDRIC
	12.05pm - 1.05pm	PILATES WITH GLIDING DISC	A-B	CATHERINE #
	1.05pm - 2.05pm	CARDIO HI LO	MULTI	ARENE
SUN 21st SEPT	2.10pm - 3.40pm	ZUMBA #	MULTI	RIME #
	11.00am - 12.00pm	*BODY TONING	MULTI	FENDI
	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 : NIKI (15-20/9), DELON (16/9), FELICIA (16/9), SWEE KEONG (18/9), EMY (19 & 20/9), LILY YAP (15-16/9)

22nd - 28th SEPTEMBER 2025


DATE	TIME	CLASS TYPE	LEVEL	INSTRUCTOR
MON 22nd SEPT	7.00am - 8.00am	GYM AREA 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	PILATES WITH DYNABAND	A-B	NIKI
	1.05pm - 2.05pm	STEP 2 IT	B-C	LIN
	6.25pm - 7.25pm	PILATES WITH DYNABAND	B-C	NIKI
	7.30pm - 8.30pm	*PUMP FX	A-B	SUFFIAN
TUE 23rd SEPT	7.00am - 8.00am	PUMP FX	A-B	RON
	10.00am - 11.00am	STEP 2 IT	B-C	DANIEL HEW
	11.05am - 12.05pm	STEEL COMBAT	MULTI	DELON
	12.05pm - 1.05pm	TRX	A-B	DELON
	1.10pm - 2.10pm	*RESTORATIVE YOGA	A-B	LILY YAP
	2.30pm - 3.30pm	LATIN TECHNIQUE	A	CHARMENE
	6.25pm - 7.25pm	GYROKINESIS®	A-B	NIKI
	7.30pm - 8.30pm	FREESYTL X-POSE	MULTI	EMY
WED 24th SEPT	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 25th SEPT	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 FLOW #	A-B	CEDRIC #
	6.30pm - 7.30pm	HIIT WEIGHT TRAINING	A-B	LIZ
FRI 26th SEPT	7.00am - 8.00am	STEP 2 IT	A-B	DENNIS
	9.45am - 10.45am	MAT PILATES	A-B	KEN LIM
	10.50am - 11.50pm	FREESYTL X-POSE	MULTI	EMY
	12.00pm - 1.15pm	GYROKINESIS®	A-B	NIKI
	5.50pm - 6.50pm	RESTORATIVE YOGA	A-B	LILY YAP
	7.00pm - 8.00pm	SOCIAL LATIN - PARTNER	A-B	DAREN
SAT 27th SEPT	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 FLOW	A-B	CEDRIC
	12.05pm - 1.05pm	PILATES WITH FOAM ROLLER	A-B	NIKI
	1.05pm - 2.05pm	CARDIO HI LO	MULTI	ARENE
	2.10pm - 3.10pm	FREESYTL X-POSE	MULTI	EMY
SUN 28th SEPT	11.00am - 12.00pm	*AEROFIGHT	A-B	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 (25/9)

NOTICE :

- Pump Fx and Core Power class is alternate class on every Monday at 7.30pm.
- 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