PHILLIP WAIN GROUP CLASS SCHEDULE

5th - 11th OCTOBER 2026

DATE	TIME	CLASS TYPE	LEVEL	INSTRUCTOR
		GYM AREA		
MON 5th OCT	7.00am - 8.00am	VINYASA FLOW YOGA	A-B	LILY YAP
	7.00am - 8.00am	STEP 2 IT	A-B	DANIEL HEW
	9.45am - 10.45am	~~ZUMBA~~	A	CANCEL
	10.50am - 11.50am	STEP SCULPT	B-C	ARJIETE
	12.00pm - 1.00pm	GENTLE VINYASA YOGA	A-B	CEDRIC
	1.00pm - 2.00pm	CORE BARRE	A-B	JANET
	6.25pm - 7.25pm	PILATES WITH FITBALL	A-B	NIKI
	7.30pm - 8.30pm	CORE POWER - ABS, BUTT & THIGH	A-B	CEDRIC
TUE 6th OCT	7.00am - 8.00am	*HIIT WEIGHT TRAINING	A-B	DAVID
	10.00am - 11.00am	STEP 2 IT	B-C	DANIEL HEW
	11.05am - 12.05pm	HIIT	MULTI	DELON
	12.05pm - 1.05pm	STEEL COMBAT	A-B	DELON
	1.10pm - 2.10pm	*RESTORATIVE YOGA	A-B	LILY
	5.20pm - 6.20pm	ZUMBA #	MULTI	RIME #
	6.25pm - 7.25pm	GYROKINESIS®	A-B	NIKI
WED 7th OCT	7.00am - 8.00am	AEROFIGHT	Multi	M DANIEL
	8.40am - 9.40am	LINE DANCE	A-B	POOI KUAN
	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
	6.15pm - 7.15pm	ZUMBA	A-B	RIME
	7.30pm - 8.30pm	CHI STRETCH	B-C	ARENE
THU 8th OCT	7.00am - 8.00am	PUMP FX	A-B	DAVID
	9.00am - 10.00am	NEW SQUARE DANCE	A-B	POOI KUAN
	10.00am - 11.00am	BEGINNER STEP	A	DANIEL HEW
	11.05am - 12.05pm	BODY SCULPT	A-B	CEDRIC
	12.10pm - 1.10pm	ZUMBA	Multi	CATHY #
	1.15pm - 2.15pm	VINYASA FLOW YOGA #	A-B	LILY YONG #
	6.30pm - 7.30pm	HIIT WEIGHT TRAINING	A-B	LIZ
FRI 9th OCT	7.00am - 8.00am	STEP 2 IT	A-B	ETHAN
	9.45am - 10.45am	MAT PILATES	A-B	KEN LIM
	10.50am - 11.50pm	FREESYTLE X-POSE	MULTI	EMY
	12.00pm - 1.00pm	GYROKINESIS®	A-B	NIKI
	1.10pm - 2.10pm	LATIN TECHNIQUE	A	CHARMENE
	5.50pm - 6.50pm	YIN STRETCH	A-B	LILY YAP
	7.00pm - 8.00pm	SOCIAL LATIN - PARTNER	A-B	DAREN
SAT 10th OCT	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-B	DAREN
	11.05am - 12.05pm	ENERGY YOGA	A-B	CEDRIC
	12.05pm - 1.05pm	PILATES WITH CHIBALL	A-B	NIKI
	1.05pm - 2.05pm	CARDIO HI LO	MULTI	ARENE
	2.10pm - 3.10pm	FREESTYLE X-POSE	MULTI	EMY
SUN 11th OCT	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
	2.50pm - 3.50pm	YIN YANG YOGA	A-B	LILY YAP
	4.00pm - 5.00pm	GYROKINESIS®	A-B	NIKI

ON LEAVE : SWEE KEONG (8/10), AZY (6/10)

12th - 18th OCTOBER 2026

DATE	TIME	CLASS TYPE	LEVEL	INSTRUCTOR
MON 12th OCT	7.00am - 8.00am	STEP 2 IT	A-B	DANIEL HEW
	9.45am - 10.45am	ZUMBA	A	DAVID
	10.50am - 11.50am	STEP SCULPT	B-C	ARJIETE
	12.00pm - 1.00pm	GENTLE VINYASA YOGA	A-B	CEDRIC
	1.00pm - 2.00pm	CORE BARRE	A-B	JANET
	6.25pm - 7.25pm	PILATES WITH MAGIC CIRCLE	A-B	NIKI
	7.30pm - 8.30pm	CORE POWER - ABS, BUTT & THIGH	A-B	CEDRIC
TUE 13th OCT	7.00am - 8.00am	*TRX	A-B	DAVID
	10.00am - 11.00am	STEP 2 IT	B-C	DANIEL HEW
	11.05am - 12.05pm	HIIT	MULTI	DELON
	12.05pm - 1.05pm	STEEL COMBAT	A-B	DELON
	1.10pm - 2.10pm	*BASIC HATHA YOGA	A-B	CEDRIC #
	5.20pm - 6.20pm	NEW CARDIO URBAN DANCE	MULTI	NEW AZY
	6.25pm - 7.25pm	GYROKINESIS®	A-B	NIKI
WED 14th OCT	7.00am - 8.00am	AEROFIGHT	Multi	M DANIEL
	8.40am - 9.40am	LINE DANCE	A-B	POOI KUAN
	9.45am - 10.45am	AERODANCE	A	ARY
	10.50am - 11.50am	FREESTYLE STEP	B-C	ARJIETE
	11.55am - 12.55pm	POWER YOGA	B-C	LILY YONG #
	1.00pm - 2.00pm	PILATES WITH CHIBALL	A-B	NIKI
	6.15pm - 7.15pm	ZUMBA	A-B	RIME
	7.30pm - 8.30pm	CHI STRETCH	B-C	ARENE
THU 15th OCT	7.00am - 8.00am	PUMP FX	A-B	DAVID
	9.00am - 10.00am	SQUARE DANCE	A-B	POOI KUAN
	10.00am - 11.00am	BEGINNER STEP	A	DANIEL HEW
	11.05am - 12.05pm	BODY SCULPT	A-B	CEDRIC
	12.10pm - 1.10pm	ZUMBA	Multi	RIME
	1.15pm - 2.15pm	RESTORATIVE YOGA	A-B	SWEE KEONG
	6.30pm - 7.30pm	HIIT WEIGHT TRAINING	A-B	LIZ
FRI 16th OCT	7.00am - 8.00am	STEP 2 IT	A-B	DENNIS
	9.45am - 10.45am	MAT PILATES	A-B	KEN LIM
	10.50am - 11.50pm	FREESYTLE X-POSE	MULTI	EMY
	12.00pm - 1.00pm	GYROKINESIS®	A-B	NIKI
	1.10pm - 2.10pm	LATIN TECHNIQUE	A	CHARMENE
	5.50pm - 6.50pm	CHI STRETCH	A-B	LILY YAP
	7.00pm - 8.00pm	SOCIAL LATIN - PARTNER	A-B	DAREN
SAT 17th OCT	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-B	DAREN
	11.05am - 12.05pm	ENERGY YOGA	A-B	CEDRIC
	12.05pm - 1.05pm	PILATES WITH TRX	A-B	NIKI
	1.05pm - 2.05pm	CARDIO HI LO	MULTI	ARENE
	2.10pm - 3.10pm	FREESYTLE X-POSE	MULTI	EMY
SUN 18th OCT	11.00am - 12.00pm	*CIRCUIT TRAINING	A-B	NADIA
	12.05pm - 1.05pm	CARDIO HI LO	MULTI	ARENE
	1.10pm - 2.10pm	STEP 2 IT	B-C	DANIEL HEW
	2.50pm - 3.50pm	YIN YANG YOGA	A-B	LILY YAP
	4.00pm - 5.00pm	GYROKINESIS®	A-B	NIKI

ON LEAVE : FELICIA (13-14/10/26)

NOTICE : Alternate Class

- TRX & HIIT every Tuesday at 7am.
- Restorative Yoga & Basic Hatha Yoga every Tuesday at 1.10pm.
- Circuit training & Aerofight 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 :

= New Class

= Male Instructor

Level A = Beginner

Level B = Intermediate

Level C = Advance

 # = Replacement