






ADULT FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 GENTLE FLOW 9.00 am		 VINYASA YOGA 9.00 am	
BASIC YOGA 7.10 pm	YIN & YANG YOGA 7.10 pm	AERIAL YOGA 7.10 pm	POWER YOGA 7.00 pm	DEEP STRETCH YOGA 7.10 pm
FITNESS + DRILLS	*	TECHNIQUES	*	
MUAY - THAI 8.00 pm	KICKBOXING 8.00 pm	MUAY - THAI 8.00 pm	KICKBOXING 8.00 pm	

Advance booking is required for trial.

WHATSAPP: Class, Date & Time to 018-960 2368


* Private Group Session. By booking only.

Schedule of classes may subject to change

PRIVATE SESSION

Private Sessions available. Daily from 8.00 am to 10.00 pm

CHILDREN'S BALLET / DANCE

MONDAY	WEDNESDAY	SATURDAY
BALLET 7.00 pm 	BALLET 5.00 pm 6.00 pm 	BALLET 8.30 am 9.30 am 10.30 am 11.30 am 12.30 pm HIP HOP Dance! 11.30 am

* Check out syllabus level / age group from us.

CHILDREN'S MARTIAL ARTS / YOGA

THURSDAY	SATURDAY
TAEKWONDO  6.30 pm 8.00 pm	Kickboxing kids  10.10 am KIDS YOGA  12.30 pm

Check us out!:



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