

# CHECK OUT OUR FREE GROUP CLASSES

## JOIN THE FUN, FEEL THE BURN.

MON	TUE	WED	THU	FRI	SAT	SUN
	myzone <sup>®</sup> <b>HIIT</b>	myzone <sup>®</sup> <b>HIIT</b>	myzone <sup>®</sup> <b>HIIT</b>	myzone <sup>®</sup> <b>HIIT</b>	<b>LES MILLS BODYCOMBAT</b>	<b>LES MILLS BODYATTACK</b>
	Cedrick 12:00-12:30	Faz 12:00-12:30	Faz 12:00-12:30	Cedrick 12:00-12:30	Michael 09:00-10:00	Mervyn 09:00-10:00

<b>YOGA STRETCH</b>	<b>LES MILLS BODYPUMP</b>	<b>DEEP STRETCH</b>	<b>LES MILLS BODYPUMP</b>	<b>YOGA FLOW</b>	<b>INDOOR CYCLING</b>	<b>LES MILLS BODYPUMP</b>
Gerald 18:30-19:30	Donovan 18:50-19:50	Ian 18:30-19:30	Jex 18:30-19:30	Gerald 18:00-19:00	Wenling 10:10-11:10	Donovan 10:00-11:00

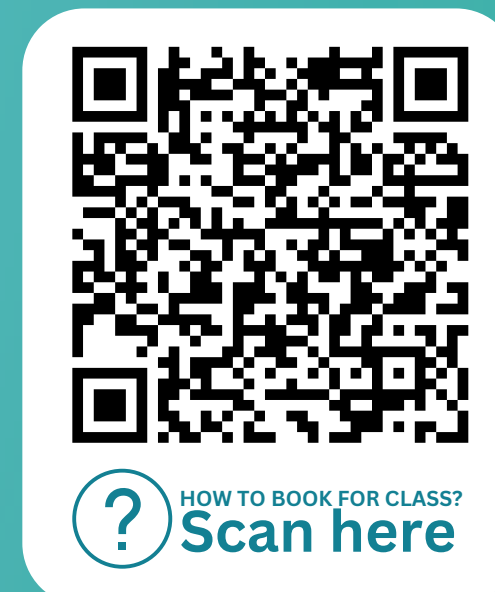
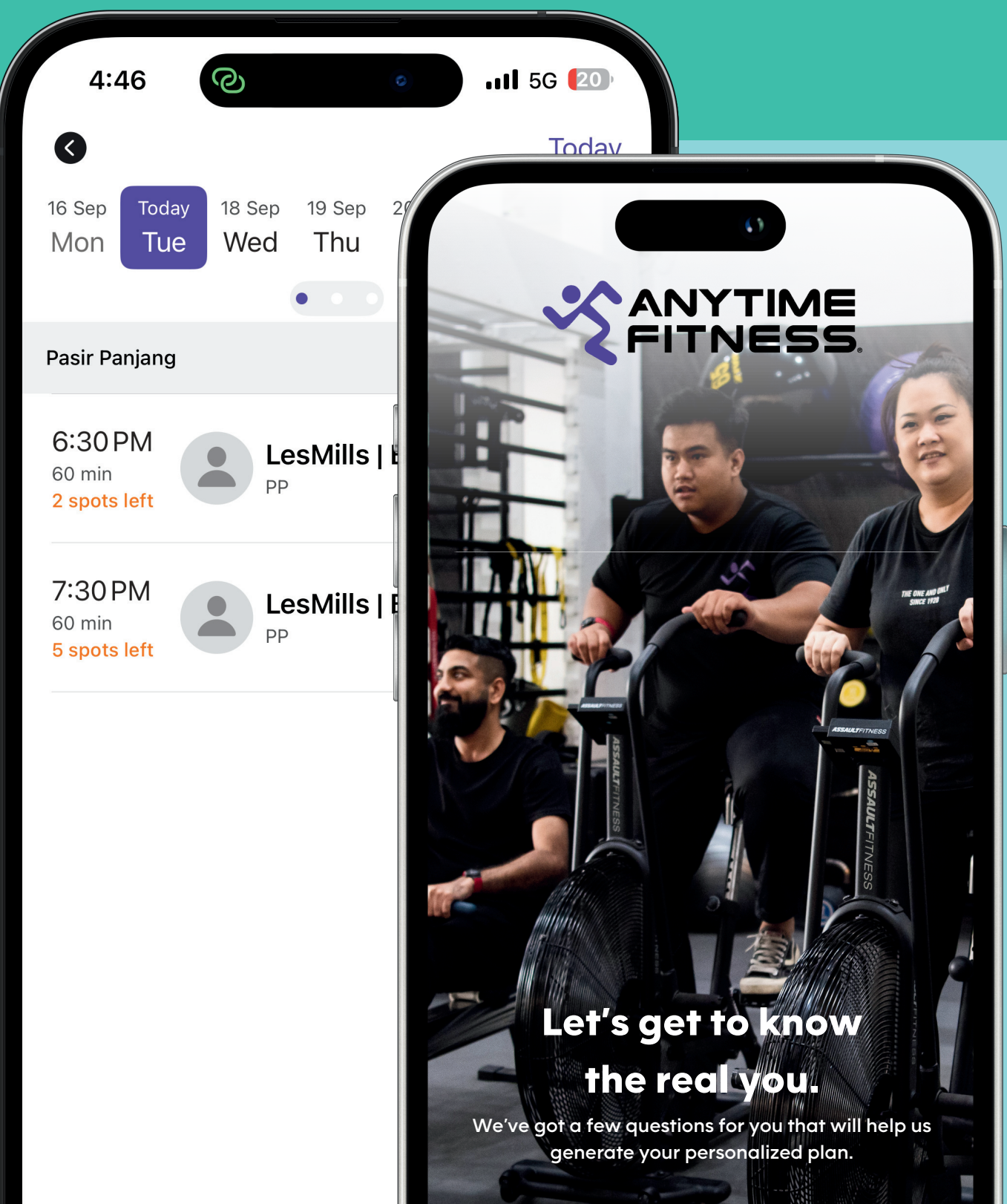
<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYATTACK</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYCOMBAT</b>	<b>LES MILLS BODYPUMP</b>	<b>YOGA STRETCH</b>
Jess 19:45-20:45	Mike 20:00-21:00	Jess 19:45-20:45	Joeson 19:40-20:40	Gerald 19:10-20:10	Aaron 11:20-12:20

- BEGINNER
- INTERMEDIATE
- ADVANCED
- MULTI-LEVEL

Note: If you need to cancel your booking, please contact us directly at 9018 7538



**BOOK YOUR SPOT IN CLASS TODAY!**  
**DOWNLOAD THE AF APP AND GET PRIORITY BOOKING ACCESS TO CLASSES.**



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CLASS	WHAT'S HAPPENING IN THE CLASS?
<b>HIIT Circuit Training</b>	A dynamic workout session involving intense bursts of exercise alternated with short recovery periods, promoting fat burning and cardiovascular health.
<b>Kettlebell (Full Body Circuit)</b>	A comprehensive circuit training program utilizing kettlebell exercises for full-body strength and conditioning, improving muscle tone and endurance.
<b>ABS Blaster</b>	A targeted class focused on strengthening and sculpting the abdominal muscles, enhancing core stability and toning the midsection.
<b>Yoga</b>	A holistic practice combining physical postures, breathing techniques, and meditation for enhanced flexibility, relaxation, and overall well-being.
<b>Hatha Yoga</b>	A foundational yoga practice emphasizing physical alignment, breathing, and fundamental postures, fostering balance and harmony in body and mind.
<b>Flow Yoga / Yoga Flow</b>	A dynamic style of yoga linking movement with breath, creating a fluid and continuous sequence of poses, enhancing flexibility and inner focus.
<b>Yoga Stretch</b>	A gentle class focusing on deep stretching and relaxation, promoting muscle flexibility and tension release.
<b>Yoga Stretch &amp; Twist</b>	A specialized yoga session combining stretching exercises with twisting poses, improving spinal mobility and relieving tension.
<b>Yin &amp; Myofascial</b>	A class targeting deep connective tissues and myofascial release, enhancing flexibility and promoting relaxation.
<b>Deep Stretch</b>	A class emphasizing prolonged stretches aimed at releasing muscle tension and improving flexibility.
<b>Pilates</b>	A low-impact exercise program concentrating on core strength, flexibility, and posture, fostering overall body alignment and control.
<b>BodyCombat</b>	A high-energy martial arts-inspired workout designed to improve coordination, agility, and cardiovascular endurance.
<b>BodyPump</b>	A barbell-based resistance training class targeting all major muscle groups to enhance strength and endurance.
<b>BodyAttack</b>	A high-energy interval training program incorporating athletic aerobic movements to improve cardiovascular fitness and agility.
<b>Zumba</b>	An exhilarating dance fitness program combining Latin and international music with easy-to-follow dance moves, ensuring a fun and effective full-body workout.
<b>Indoor Cycling</b>	An invigorating cardio workout on stationary bikes, simulating outdoor cycling experiences and enhancing lower body strength and endurance.
<b>Cycle HIIT</b>	A high-intensity indoor cycling session incorporating interval training for maximum calorie burn and cardiovascular conditioning.
<b>TBT</b>	A comprehensive full-body workout targeting all major muscle groups for overall strength, conditioning, and functional fitness.