

Group Fitness Classes (Onsite)
4th October 2021 to 29th October 2021

Mon	Classes	Instructor	Venue	Max Capacity
0800 am	Power Yoga	Serena	Quad Studio	10
0915 am	Zumba	Serena	Quad Studio	10
1020 am	Pilates Flow	Elaine Te	Quad Studio	10

Tues	Classes	Instructor	Venue	Max Capacity
0915 am	Vinyasa Yoga	Vanan	Quad Studio	10
1020 am	Yoga Stretch	Vanan	Quad Studio	10

Wed	Classes	Instructor	Venue	Max Capacity
0800 am	Pilates	Serena	Quad Studio	10
0915 am	Vinyasa Yoga	Mahendra	Quad Studio	10

Thu	Classes	Instructor	Venue	Max capacity
0800 am	Total Body Conditioning	Yvonne	Quad Studio	10
0915 am	Yoga Stretch	Vanan	Quad Studio	10

Fri	Classes	Instructor	Venue	Max Capacity
0915 am	Power Yoga	Yvonne	Quad Studio	10
1020 am	Hatha Yoga	Mahendra	Quad Studio	10

***Group Fitness schedule starts from 4th October 2021 to 29th October 2021**

***Kindly take note there are no classes from 11th October to 22nd October due to unavailability of the studios.**

Fees:

Group Fitness Classes at the Club (Quad Studio)

- *Package of 10 sessions - \$150
- *Ala carte/ per session - \$20

Note:

- *No intermingling with other group before, during and after class.
- *For hygiene purposes, please bring along your own mats.
- *All Classes are limited to 10 participants and 1 instructor (unless stated)
- *All package and monthly fees is auto renewal. Appreciate if you could inform the sports counter if you decide to stop the auto renewal.
- *Sign-up is allowed one week in advance via JOGA App.
- *Cancellation policy: 24 hours prior to class or full fees will be charged to members account
- *Any classes with no sign-up 1 day prior to schedule class will be cancel. Please call sports counter at 6739-4312 to check or alternatively you may check on your JOGA App.**