

5 MON

Spring Camp 5 to 9 yo

8:00 a.m. Ladies program
 8:00 a.m. ABT (Serena)
 8:30 a.m. Deep Water Running (Erin)
 9:10 a.m. BodyCombat (Chris)
 10:20 a.m. Gentle Yoga & Stretch (Josephine)
 11:30 a.m. Pilates Flow (Elaine Te)
 3:00 p.m. Junior program
 3:30 p.m. Mini Soccer
 4:45 p.m. Junior Soccer
 4:45 p.m. Art
 5:30 p.m. Senior Squad Training

VIRTUAL PROGRAMS

9:10 a.m. Hatha Yoga (Serena)
 11:00 a.m. BodyART Stretch (Dee Dee)
 6:30 p.m. Zumba (Erich)

8 THUR

Spring Camp 5 to 9 yo

5:30 a.m. Senior Squad Training
 7:30 a.m. Masters training*
 8:00 a.m. Ladies program
 8:00 a.m. Restorative Yoga (Yvonne)
 9:10 a.m. Vinyasa Yoga (Vanan)
 9:30 a.m. Mahjong*
 10:20 a.m. Yoga Stretch (Vanan)
 10:30 a.m. Ladies Group
 11:30 a.m. ABT (Serena)
 3:00 p.m. Ballet* (Mini/Junior)
 3:30 p.m. Basketball* (Mini/Junior)

VIRTUAL PROGRAMS

9:10 a.m. Yoga Stretch (Josephine)
 11:30 a.m. Hatha Yoga (Wati)
 6:30 p.m. Zumba (Miko)

6 TUE

Spring Camp 5 to 9 yo

5:30 p.m. Senior Squad Training
 7:30 a.m. Masters training*
 8:00 a.m. Vinyasa Yoga (Josephine)
 8:00 a.m. Ladies program
 9:10 a.m. Yoga Stretch (Vanan)*
 3:00 p.m. Junior program
 3:00 p.m. Elementary Gym
 4:00 p.m. Elementary Gym
 (Adult Accompanied)
 4:45 p.m. Karate
 5:00 p.m. Intermediate Gym

VIRTUAL PROGRAMS

9:10 a.m. Plyometric (Dee Dee)
 11:30 a.m. Yin Yoga (Yvonne)
 6:30 p.m. Gentle Yoga (Mahendra)

9 FRI

Spring Camp 5 to 9 yo

8:00 a.m. Ladies program
 8:00 a.m. Hatha Yoga (Wati)
 8:30 a.m. Aqua Motion (Tatiana)
 9:10 a.m. Zumba (Serena)
 9:30 a.m. Mahjong*
 10:20 a.m. Vinyasa Yoga (Mahendra)
 11:30 a.m. Pilates (Elaine Te)
 1:00 p.m. Indoor Cycling (Erin)
 3:00 p.m. Junior program
 3:00 p.m. Art*
 4:30 p.m. Hip Hop Dance Class*
 5:30 p.m. Senior Squad Training

VIRTUAL PROGRAMS

9:10 a.m. Yoga Core (Yvonne)
 11:00 a.m. Plyometric (Dee Dee)
 6:30 p.m. Vinyasa Yoga (Mahendra)

7 WED

Spring Camp 5 to 9 yo

7:30 a.m. Circuit Training (Elaine Goh)
 8:00 a.m. Ladies program
 8:30 a.m. Deep Water Running (Erin)
 9:10 a.m. Vinyasa Yoga (Mahendra)
 11:30 a.m. BodyART Dynamic (Dee Dee)
 1:00 p.m. Indoor Cycling (Erin)
 3:00 p.m. Junior program
 4:00 p.m. Taekwondo*
 4:45 p.m. Art
 5:30 p.m. Senior Squad Training
 6:30 p.m. Teams Doubles Drill

VIRTUAL PROGRAMS

9:10 a.m. Body Combat (Chris)
 11:00 a.m. Pilates (Elaine Te)
 6:30 p.m. Yoga Stretch (Wati)

10 SAT

7:00 a.m. Masters training*
 8:00 a.m. Senior Squad Training*
 8:00 a.m. Junior program
 9:00 a.m. Chess*
 9:15 a.m. Aikido Class
 10:30 a.m. Taekwondo*
 10:00 a.m. Men's Drop-in
 3:00 p.m. Tiger Beer Brewery Tour (OFFSITE)
 4:30 p.m. Karate

VIRTUAL PROGRAMS

9:10 a.m. BodyCombat (Chris)
 11:30 a.m. Power Yoga (Serena)

11 SUN

9:30 a.m. Taekwondo*
 9:30 a.m. Indoor Cycling (Erin)
 2:00 p.m. Chess*
 3:45 p.m. Junior Members Circuit Training

VIRTUAL PROGRAMS

9:10 a.m. Vinyasa Yoga (Mahendra)
 10:15 a.m. Pilates (Elaine)
 6:30 p.m. Yoga Stretch (Vanan)



5
TO 11
APRIL

F&B PROMO

- Central:**
Easter Cake
- Tradewinds:**
Chargrilled Pickle Brined Chicken
- Union Bar:**
BAKED BRIE
- Grillhouse:**
Grilled Herb Lamb Rack
- The 2nd Floor:**
Grilled Octopus with Butter
Poached White Asparagus
- TAC2GO Bundle:**
Fajita Fiesta April 5-11: \$90
Easter Takeaway Menu
Tomahawk Tuesday To Go: \$129.00
(Good For 2 persons)

Order Here



For full calendar, please scan here



LEGENDS

- Youth
- Group Fitness
- Aquatics
- Thinkspace
- Tennis
- Membership
- F&B
- Member Engagement

* Multiple time slots