

CLASSES FEBRUARY 2026

1-8 FEBRUARY 2026

DATE/TIME	SUNDAY 1	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6	SATURDAY 7	SUNDAY 8
10:00-11:00	 THAI BOXING					 COVER DANCE	 BARRE CLASS	 STEP AEROBIC
13:00-14:00			 THAI BOXING KIDS* <small>* Fees apply</small>					
14:00-15:00	 PILATES	 YOGA	 STEP AEROBIC	H Y R O X T R A I N I N G C L U B	 THAI BOXING	 YOGA	H Y R O X T R A I N I N G C L U B	 THAI BOXING

TERMS AND CONDITIONS

- 1-day advance booking is highly recommended.
- All classes are 60-minute long.
- All classes are subject to changes & on a first-come-first-serve basis. Limited availability per class.
- GYM reserves the right to cancel, or change the class or instructor without prior notice.
- For cancellation, please inform our GYM team at least 15 minutes prior.
- Classes may be automatically cancelled if there are less than 2 participants signing up for the class or no-show up to 10 minutes after the class starts.

CLASSES FEBRUARY 2026

9-15 FEBRUARY 2026

DATE/TIME	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13	SATURDAY 14	SUNDAY 15
10:00-11:00		HYROX TRAINING CLUB OUTDOOR SPECIAL			HYROX TRAINING CLUB	 STEP AEROBIC	 YOGA
13:00-14:00			 YOGA KIDS* * Fees apply				
14:00-15:00	 HIIT	 YOGA	 THAI BOXING	 HIIT	 PILATES	 THAI BOXING	 HIIT

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16-22 FEBRUARY 2026

DATE/TIME	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20	SATURDAY 21	SUNDAY 22
10:00-11:00					 <p>HIIT</p>	<p>HYROX TRAINING CLUB</p>	 <p>PILATES</p>
13:00-14:00			 <p>THAI BOXING KIDS* * Fees apply</p>				
14:00-15:00	 <p>BARRE CLASS</p>	 <p>THAI BOXING</p>	 <p>COVER DANCE</p>	<p>HYROX TRAINING CLUB</p>	 <p>YOGA</p>	 <p>COVER DANCE</p>	 <p>BARRE CLASS</p>

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23-28 FEBRUARY 2026

DATE/TIME	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27	SATURDAY 28	SUNDAY
10:00-11:00					 YOGA	 COVER DANCE	
13:00-14:00				 YOGA KIDS* * Fees apply			
14:00-15:00	 THAI BOXING	 HIIT	HYROX TRAINING CLUB	 STEP AEROBIC	 BARRE CLASS	 THAI BOXING	

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