

CLASSES MARCH 2026

1-8 MARCH 2026

DATE/TIME	SUNDAY 1	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6	SATURDAY 7	SUNDAY 8
10:00-11:00	HYROX TRAINING CLUB					HYROX TRAINING CLUB	HYROX RACE SIMULATION	
13:00-14:00			THAI BOXING KIDS* * Fees apply 					
14:00-15:00	 YOGA	 STEP AEROBIC	HYROX TRAINING CLUB	THAI BOXING 	 COVER DANCE	 YOGA		HYROX TRAINING CLUB

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 MARCH 2026

9-15 MARCH 2026

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

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16-22 MARCH 2026

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

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23-29 MARCH 2026

DATE/TIME	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27	SATURDAY 28	SUNDAY 29
10:00-11:00					 STEP AEROBIC	 HIIT	 THAI BOXING
13:00-14:00			 YOGA KIDS* <small>* Fees apply</small>				
14:00-15:00	 STEP AEROBIC	H Y R O X T R A I N I N G C L U B	 THAI BOXING	 PILATES	H Y R O X T R A I N I N G C L U B	 BARRE CLASS	 YOGA

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CLASSES MARCH 2026

30-31 MARCH 2026

DATE/TIME	MONDAY 30	TUESDAY 31	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00-11:00							
13:00-14:00							
14:00-15:00	 <p>PILATES</p>	 <p>YOGA</p>					

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