








CLASSES APRIL 2026

1-5 APRIL 2026

DATE/TIME	MONDAY	TUESDAY	WEDNESDAY 1	THURSDAY 2	FRIDAY 3	SATURDAY 4	SUNDAY 5
10:00-11:00					HYROX TRAINING CLUB	THAI BOXING 	HIIT 
14:00-15:00			PILATES 	STEP AEROBIC 	YOGA 	BARRE CLASS 	BARRE CLASS 

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 APRIL 2026

6-12 APRIL 2026





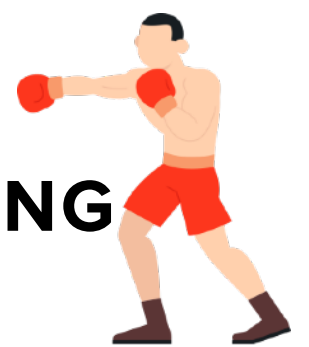
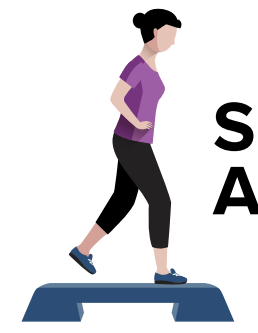



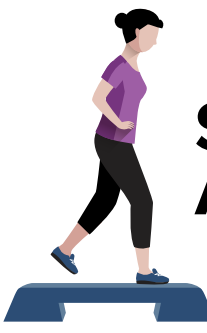
DATE/TIME	MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10	SATURDAY 11	SUNDAY 12
10:00-11:00					 THAI BOXING	 PILATES	 HIIT
13:00-14:00						 YOGA KIDS* <small>* Fees apply</small>	
14:00-15:00	 YOGA	 THAI BOXING	HYROX TRAINING CLUB	 STEP AEROBIC	 YOGA	HYROX TRAINING CLUB	 BARRE CLASS

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CLASSES APRIL 2026

13-19 APRIL 2026

DATE/TIME	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17	SATURDAY 18	SUNDAY 19
10:00-11:00				HYROX TRAINING CLUB	HIIT 	BARRE CLASS 	COVER DANCE 
14:00-15:00	COVER DANCE 	THAI BOXING 	STEP AEROBIC 	YOGA 	PILATES 	THAI BOXING 	STEP AEROBIC 

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CLASSES APRIL 2026

20-26 APRIL 2026

DATE/TIME	MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24	SATURDAY 25	SUNDAY 26
10:00-11:00					HYROX TRAINING CLUB	THAI BOXING 	YOGA 
13:00-14:00							THAI BOXING KIDS*  * Fees apply
14:00-15:00	HIIT 	THAI BOXING 	HYROX TRAINING CLUB	STEP AEROBIC 	PILATES 	STEP AEROBIC 	PILATES 

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CLASSES APRIL 2026

27-30 APRIL 2026

DATE/TIME	MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY	SATURDAY	SUNDAY
10:00-11:00							
14:00-15:00	 THAI BOXING	 COVER DANCE	 HIIT	 YOGA			

TERMS AND CONDITIONS

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