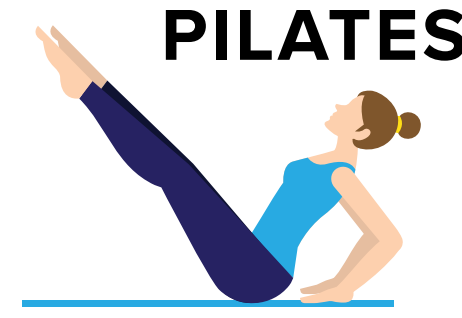

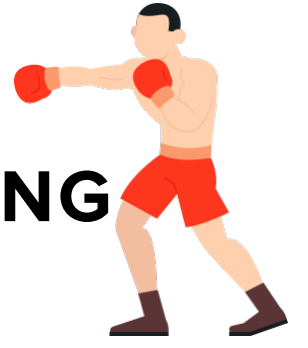




# CLASSES MAY 2026

1-3 MAY 2026











DATE/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 1	SATURDAY 2	SUNDAY 3
10:00-11:00					 <b>PILATES</b>	<b>HYROX</b> TRAINING CLUB	 <b>COVER DANCE</b>
14:00-15:00					 <b>THAI BOXING</b>	 <b>BARRE CLASS</b>	 <b>HIIT</b>

**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 MAY 2026

4-10 MAY 2026


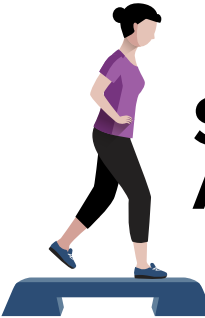

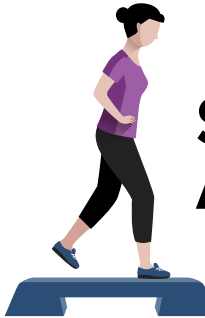
DATE/TIME	MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8	SATURDAY 9	SUNDAY 10
10:00-11:00					 <b>YOGA</b>	 <b>THAI BOXING</b>	 <b>PILATES</b>
13:00-14:00			 <b>THAI BOXING KIDS*</b> <small>* Fees apply</small>				
14:00-15:00	 <b>THAI BOXING</b>	 <b>YOGA</b>	 <b>PILATES</b>	 <b>THAI BOXING</b>	 <b>BARRE CLASS</b>	 <b>COVER DANCE</b>	<b>H Y R O X</b> <b>TRAINING</b> <b>CLUB</b>

**TERMS AND CONDITIONS**

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- All classes are 60-minute long.
- All classes are subject to changes & on a first-come-first-serve basis. Limited availability per class.
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# CLASSES MAY 2026

11-17 MAY 2026











DATE/TIME	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15	SATURDAY 16	SUNDAY 17
10:00-11:00		 <p><b>HIIT</b></p>			 <p><b>YOGA</b></p>	<p><b>HYROX TRAINING CLUB</b></p>	 <p><b>BARRE CLASS</b></p>
13:00-14:00				 <p><b>YOGA KIDS*</b> * Fees apply</p>			
14:00-15:00	 <p><b>STEP AEROBIC</b></p>		 <p><b>YOGA</b></p>	 <p><b>PILATES</b></p>	 <p><b>THAI BOXING</b></p>	 <p><b>COVER DANCE</b></p>	 <p><b>STEP AEROBIC</b></p>

**TERMS AND CONDITIONS**

- 1-day advance booking is highly recommended.
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- 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.
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- 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 MAY 2026

18-24 MAY 2026


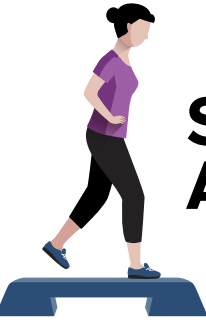
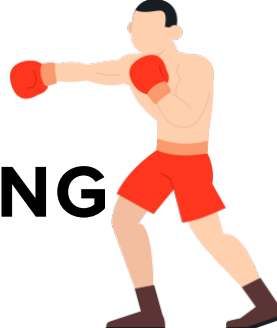


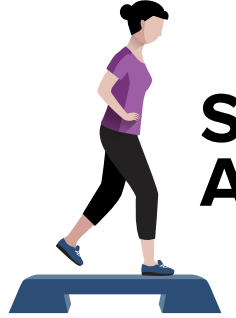




DATE/TIME	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22	SATURDAY 23	SUNDAY 24
10:00-11:00			HYROX TRAINING CLUB		THAI BOXING 	HYROX TRAINING CLUB	THAI BOXING 
13:00-14:00				THAI BOXING KIDS* * Fees apply 			
14:00-15:00	PILATES 	HIIT 	YOGA 	BARRE CLASS 	STEP AEROBIC 	YOGA 	HIIT 

**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.
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# CLASSES MAY 2026

25-31 MAY 2026

DATE/TIME	MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29	SATURDAY 30	SUNDAY 31
10:00-11:00					 <b>YOGA</b>	 <b>STEP AEROBIC</b>	 <b>THAI BOXING</b>
13:00-14:00				 <b>YOGA KIDS*</b> * Fees apply			
14:00-15:00	 <b>COVER DANCE</b>	 <b>STEP AEROBIC</b>	 <b>YOGA</b>	 <b>THAI BOXING</b>	 <b>THAI BOXING</b>	 <b>PILATES</b>	<b>H Y R O X TRAINING CLUB</b>

**TERMS AND CONDITIONS**

- 1-day advance booking is highly recommended.
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- All classes are subject to changes & on a first-come-first-serve basis. Limited availability per class.
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