

CLASSES SEPTEMBER 2026

1-6 SEPTEMBER 2026

DATE/TIME	MONDAY	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4	SATURDAY 5	SUNDAY 6
7:00 A.M.							KIMPTON RUN CLUB 7:00 A.M. - 8:30 A.M.
10:00 A.M.					H Y R O X TRAINING CLUB 60 MIN	THAI BOXING 45 MIN	YOGA CLASS 45 MIN
2:00 P.M.		BARRE CLASS 45 MIN	THAI BOXING 45 MIN	COVER DANCE 30 MIN	YOGA CLASS 45 MIN	PILATIS MAT 45 MIN	HIIT 30 MIN

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 SEPTEMBER 2026

7-13 SEPTEMBER 2026

DATE/TIME	MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11	SATURDAY 12	SUNDAY 13
10:00 A.M.					HYROX OUTDOOR SPECIAL 60 MIN	BARRE CLASS 45 MIN	HIIT 30 MIN
1:00 P.M.		THAI BOXING FOR KIDS* 60 MIN *FEES APPLY					
2:00 P.M.	STEP AEROBIC 45 MIN	YOGA CLASS 45 MIN	HYROX TRAINING CLUB 60 MIN	BARRE CLASS 45 MIN	BARRE CLASS 45 MIN	STEP AEROBIC 45 MIN	THAI BOXING 45 MIN

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CLASSES SEPTEMBER 2026

14-20 SEPTEMBER 2026

DATE/TIME	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18	SATURDAY 19	SUNDAY 20
10:00 A.M.					THAI BOXING 45 MIN	BARRE CLASS 45 MIN	
2:00 P.M.	THAI BOXING 45 MIN	PILATIS MAT 45 MIN	YOGA CLASS 45 MIN	HYROX TRAINING CLUB 60 MIN	STEP AEROBIC 45 MIN	HIIT 30 MIN	HYROX TRAINING CLUB 60 MIN

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21-27 SEPTEMBER 2026

DATE/TIME	MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25	SATURDAY 26	SUNDAY 27
10:00 A.M.					HIIT 30 MIN	THAI BOXING 45 MIN	H Y R O X TRAINING CLUB 60 MIN
1:00 P.M.				YOGA FOR KIDS* 60 MIN *FEES APPLY			
2:00 P.M.	COVER DANCE 30 MIN	THAI BOXING 45 MIN	H Y R O X TRAINING CLUB 60 MIN	STEP AEROBIC 45 MIN	YOGA CLASS 45 MIN	HIIT 30 MIN	COVER DANCE 30 MIN

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CLASSES SEPTEMBER 2026

28-30 SEPTEMBER 2026

DATE/TIME	MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 A.M.							
2:00 P.M.	STEP AEROBIC 45 MIN	BARRE CLASS 45 MIN	YOGA CLASS 45 MIN				

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