

6 MON

8:30 a.m. Deep Water Running
 9:15 a.m. Power Yoga (Serena)
 10:20 a.m. Pilates Flow (Elaine Te)
 3:45 p.m. Mini Soccer (3-4 Y/O)
 4:45 p.m. Art Class
 5:00 p.m. Junior Soccer (5-6 Y/O)

VIRTUAL PROGRAMS

11:00 a.m. Christmas Cookie Workshop
 11:00 a.m. Zumba (Serena)
 6:00 a.m. Toys for Tots with AAS
 6:30 p.m. Vinyasa Yoga (Josephine)

7 TUE

7:00 a.m. Masters Swim Group*
 9:15 a.m. Vinyasa Yoga (Vanan)
 10:20 a.m. Yoga Stretch (Vanan)
 10:30 a.m. Ladies Hour Power Stars
 4:00 p.m. Elementary Gym
 (Adult accompanied)*
 4:30 p.m. Tea with Santa - Phototaking
 4:30 p.m. Toddlers Ballet (3-4 Y/O)
 4:30 p.m. Teeny Tiny Tots - Craft
 5:00 p.m. Intermediate Gym (4-6 Y/O)
 5:30 p.m. Primary Ballet (7-9 Y/O)

VIRTUAL PROGRAMS

11:00 a.m. Yin Yoga (Yvonne)
 6:30 p.m. Gentle Yoga (Mahendra)

8 WED

8:00 a.m. Pilates (Serena)
 8:30 a.m. Deep Water Running
 9:15 a.m. Vinyasa Yoga (Mahendra)
 4:00 p.m. Taekwondo Beginner
 4:30 p.m. Tea with Santa - Phototaking
 4:45 p.m. Art Class
 5:00 p.m. Taekwondo Intermediate
 6:00 p.m. Taekwondo Free Sparring

VIRTUAL PROGRAMS

11:00 a.m. Pilates (Elaine Te)

9 THUR

7:00 a.m. Masters Swim Group*
 8:00 a.m. Total Body Conditioning (Yvonne)
 8:30 a.m. Deep Water Running
 9:15 a.m. Yoga Stretch (Vanan)
 10:30 a.m. Ladies Hour Power Stars
 3:00 p.m. Toddler Ballet (3-4 Y/O)*
 3:30 p.m. Mini Basketball (3-4 Y/O)
 4:30 p.m. Tea with Santa - Phototaking
 4:45 p.m. Junior Basketball (5-6 Y/O)
 5:00 p.m. Children Ballet (5-6 Y/O)

VIRTUAL PROGRAMS

11:00 a.m. Hatha Yoga (Wati)
 6:30 p.m. Zumba (Miko)

10 FRI

8:30 a.m. Deep Water Running
 9:15 a.m. Power Yoga (Yvonne)
 10:20 a.m. Hatha Yoga (Mahendra)
 3:00 p.m. Art Class*
 3:00 p.m. Musical Tots Session I
 (18 mths - 3 Y/O)
 3:15 p.m. Mini TeeBall Class (4-5 Y/O)
 3:45 p.m. Musical Tots Session II
 (18 mths - 3 Y/O)
 4:30 p.m. Jr. TeeBall (6-8 Y/O)
 5:30 p.m. Karate Private Class
 7:00 p.m. Friday Show Night

VIRTUAL PROGRAMS

8:00 a.m. Hatha Yoga (Wati)
 11:00 a.m. Yoga Flow (Yvonne)

11 SAT

7:00 a.m. Masters Swim Group
 9:15 a.m. Aikido Class
 9:30 a.m. Taekwondo Foundation
 10:15 a.m. Taekwondo (Yellow 8)
 11:00 a.m. Taekwondo (White 10 - Green 6)
 12:00 p.m. Taekwondo (White 10 - Green 5)
 1:00 p.m. Taekwondo (White 10 - Blue 4)
 2:00 p.m. Taekwondo (Blue 3 - Red 1)
 3:00 p.m. Taekwondo Poom 2*
 3:00 p.m. Brownies Giveaway
 4:00 p.m. Tea with Santa - Phototaking
 4:00 p.m. Christmas Wreath
 Making Workshop
 4:30 p.m. Teeny Tiny Tots - Song and Story
 5:45 p.m. Karate

VIRTUAL PROGRAMS

8:00 a.m. Yoga Stretch (Vanan)
 9:10 a.m. BodyCombat (Chris)
 11:30 a.m. Power Yoga (Serena)

12 SUN

9:30 a.m. Taekwondo Poom I
 10:45 a.m. Taekwondo Free Sparring Elite I
 12:00 p.m. Taekwondo Free Sparring
 Competitive
 1:00 p.m. Taekwondo Free Sparring
 Development 2
 3:00 p.m. Christmas Clay Ornament Making*
 3:00 p.m. Interactive Christmas Card Making

VIRTUAL PROGRAMS

8:00 a.m. Hatha Yoga (Josephine)
 9:10 a.m. Vinyasa Yoga (Mahendra)
 10:15 p.m. Pilates (Elaine Te)

6 TO 12

DECEMBER

F&B PROMO

TAC2GO!
Weekly Bundle
Festive Takeaway

Order Online:



ESSENTIALS2GO! Gift Sets

Order Online:



Check out our
Festive Guide 2021:



For full calendar,
please scan here:



LEGENDS

- Youth
- Group Fitness
- Aquatics
- Thinkspace
- Tennis
- Membership
- F&B
- Member Engagement

* Multiple time slots