M O N

7:00 a.m. Spin Class (Jaclyn) Deep Water Running 8:30 a.m. Power Yoga (Serena) 9:10 a.m. Pilates Flow (Elaine Te) 10:20 a.m. Restorative Yoga (Josephine) 11:30 a.m.

12:45 p.m. TRX (Aidi Mas) 3:45 p.m. Mini Soccer Art Class 4:45 p.m. 5:00 p.m. **Junior Soccer**

Les Mills Body Pump (Cheerene) 7:00 p.m.

Watch the World Compete: FIFA World Cup Qatar 2022 from Dec 5 – 11 at Union Bar

TUE

7:00 a.m. Masters Swim Groupv* 8:00 a.m. Hatha Yoga (Yvonne) 9:10 a.m. Vinyasa Yoga (Yvonne) 10:20 a.m. Yoga Stretch (Yvonne) Ladies Hour Power Stars 10:30 a.m. 11:30 a.m. Les Mills Body Pump (Elaine Goh) 12:45 p.m. Cardio Dance (Charlotte) Karate Private Class 4:30 p.m. 4:30 p.m. Toddler Ballet 4:30 p.m. **Teeny Tiny Tots**

WED

5:00 p.m.

6:00 p.m.

7:00 a.m.

8:00 a.m.

8:00 a.m. Pilates (Serena) Deep Water Running 8:30 a.m. Les Mills Body Combat (Juztin) 9.10 a.m. Aerial Yoga (Ben Chiu) 10:20 a.m. 11:30 a.m. Jazz-ercise (Megan Teh) 4:00 p.m. Taekwondo Beginner 4:45 p.m. Art Class

Taekwondo Intermediate

Taekwondo Free Sparring

THUR

Deep Water Running 8:30 a.m. Vinyasa Yoga (Josephine) 9:10 a.m. Yoga Stretch (Josephine) 10:20 a.m. Ladies Hour Power Stars 10:30 a.m. 11:45 a.m. Zumba (Faiz) 1:00 p.m. Chinese Painting Class (Yap Sin Guan) 3:00 p.m. Toddler Ballet* Mini Basketball 3:30 p.m. 4:00 p.m. Riddkere Ballet 4:45 p.m. Junior Basketball Children Ballet 5:00 p.m. Do Coding Skills Future-proof Your 7:00 p.m. Child's Career?

Masters Swim Group*

Yoga Stretch (Serena)

FRI

8:30 a.m. Deep Water Running 9:10 a.m. Pilates (Jerry) 10:20 a.m. Abs, Butt & Thigh (Jerry)

11:30 p.m. HIIT (Faiz) 3:00 p.m. Art Class*

5:30 p.m. Dinner Buffet (Tradewinds) 7:00 p.m. Friday Show Night

SAT

7:00 a.m. Masters Swim Group* 8:00 a.m. Hatha Yoga (Josephine) Les Mills Body Pump (Cheerene) 9:10 a.m. Taekwondo Foundation 9:30 a.m. 10:15 a.m. Taekwondo Foundation (Yellow 7) 10:20 a.m. Les Mills Body Combat (Cheerene) 10:30 a.m. Brunch Buffet (Tradewinds) 11:00 a.m. Taekwondo (White 10 - Green 5) Les Mills Body Balance (Valerie) 11:30 a.m. Taekwondo (Yellow 7 - Blue 4) 12:00 p.m. Taekwondo (Green 5 - Red I) 1:00 p.m. Taekwondo (Blue 3 - Red I) 2:00 p.m. 3:00 p.m. Taekwondo Poom 2 & Above* 5:00 p.m. See Singapore In A Different Light 5:30 p.m. Dinner Buffet (Tradewinds)

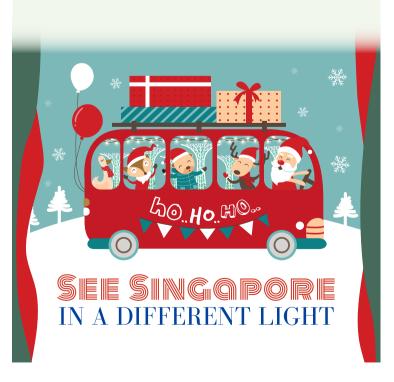
SUN

5:30 p.m.

9:00 a.m. Icing on the Gingerbread Workshop 9:30 a.m. Taekwondo Poom I 10:20 a.m. Yoga Stretch (Vanan) 10:30 a.m. Brunch Buffet (Tradewinds) 10:45 a.m. Taekwondo Free Sparring Elite I Taekwondo Free Sparing 12:00 p.m. Competitive 1:00 p.m. Taekwondo Free Sparring

Dinner Buffet (Tradewinds)

Developing 2



DECEMBER

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For full calendar, please scan here:



LEGENDS

Youth

Group Fitness

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Aquatics Thinkspace Membership Member Engagement

* Multiple time slots







