





























### Class Intensity Level

Beginners   
 Intermediate   
 Advanced 

# May Group Class Schedule

(50 Minutes Per Class) Updated on 11 Apr 2026

| Monday<br>4, 11, 18  | Tuesday<br>5, 12, 19, 26   | Wednesday<br>6, 13, 20, 27  | Thursday<br>7, 14, 21, 28  | Friday<br>8, 15, 22, 29  | Saturday<br>2, 9, 16, 23, 30   |
|--|--|---|--|--|--|
| 12:30<br><b>STICK MOBILITY (KELVIN)</b><br> | 13:00<br><b>POWER REFORMER (CARMEN)</b><br>   | 09:00<br><b>PILATES REFORMER (CARMEN)</b> <br>                                | 13:00<br><b>STICK MOBILITY (KELVIN)</b><br>                               | 13:00<br><b>REFORMER BODY SCULPTING (FANCY)</b><br>*Class not available on 15,22 May  | 11:00<br><b>PILATES REFORMER (CARMEN)</b> <br>*Class not available on 2, 16 May<br>*Sha Tin Day Race on 9 May  |
| 19:00<br><b>HYROX TRAINING (SAM)</b><br>    | 14:00<br><b>PILATES REFORMER (CARMEN)</b><br> | 11:00<br><b>PILATES REFORMER (CARMEN)</b><br>   | 13:00<br><b>DANCE FIT (FANCY)</b><br>*Class not available on 14, 21 May   | 14:00<br><b>PILATES REFORMER (FANCY)</b><br>*Class not available on 15,22 May         | 12:00<br><b>PILATES REFORMER (CARMEN)</b> <br>*Class not available on 2, 16 May<br>*Sha Tin Day Race on 9 May  |
|  |  | 13:00<br><b>PILATES REFORMER (GIGI)</b><br>   | 14:00<br><b>CORE BLAST (FANCY)</b><br>*Class not available on 14, 21 May  |  | 18:00<br><b>PILATES REFORMER (GIGI)</b><br>   |
|  |  | 14:00<br><b>PILATES REFORMER (GIGI)</b><br>   | 18:00<br><b>PILATES REFORMER (FANCY)</b><br>                              |  |  |
|  |  | 15:00<br><b>STRENGTH &amp; CONDITIONING (KELVIN)</b><br>  |  |  |  |
|  |  | 17:00<br><b>PILATES REFORMER (GIGI)</b> <br>*Sha Tin Night Race on 6 May     |  |  |  |
|  |  | 18:00<br><b>PILATES REFORMER (GIGI)</b> <br>*Sha Tin Night Race on 6 May  |  |  |  |

## Rowing Workshop (Carmen)

18 May (Monday)

14:00 – 15:00

Enquiry Hotline: 29666515 / 29666535

## NEW CLASSES RELEASE!



Wednesday

09:00 PILATES REFORMER (CARMEN)

17:00 & 18:00 PILATES REFORMER (GIGI)

Saturday

11:00 & 12:00 PILATES REFORMER (CARMEN)



### Terms & Conditions

- Bookings can be made up to 10 days in advance
- Class will start on time.  
(Late arrival to the class will be declined entry)



- Cancellations made within 24 hours of the schedule class will be deemed as late cancellation.
- Late cancellation / no show charges HK 250 will be applied.

# Our Group Fitness Classes

## Pilates Reformer

This class focuses on introducing to the Classical Pilates reformer, with techniques and the basic exercises that form distinctive Tempo Pilates classical repertoire, Using the reformer help you to strengthen smaller muscle groups, while challenging the core with each movement, improving balance and stability in the process.

## HIIT

A heart-pumping, strength-conditioning, total-body workout that takes your training to next level. This interval-based class combines short bursts of high-intensity exercise with periods of rest designed to tone your body and improve your endurance.

## Core Blast

Designed to develop a powerful abdominal wall that will take your physical ability to an entirely new level. This class focused on strengthening and toning the muscle of the core, including the abdominal muscles, lower back and pelvis.

## TRX

The TRX class incorporates functional and total body resistance exercises using bodyweight and gravity as resistance. This revolutionary and fun workout builds strength and improves balance and coordination, core and joint stability.

## Pilates Reformer Body Sculpting

This class emphasizes core strength, muscle toning and flexibility enhancement. It improves posture and body alignment, ensuring efficient movement and reducing injury risk. You incorporate controlled breathing techniques to promote relaxation and focus. You experience increased body awareness, coordination, and strength, ultimately achieving a balanced, toned physique that enhances overall physical performance and well-being.

## Stick Mobility

The class uses the Mobility Stick to unlock joints, build core strength, and expand range of motion. You will through active strengthening, joint mobilization and stability drills with the stick - fix office stiffness and injury-prone movement in just 50 minutes.

## Animal Flow

Animal Flow is a dynamic bodyweight training that combines ground-based movements inspired by animal locomotion. It emphasizes mobility, strength, flexibility, and coordination through flowing sequences that mimic movements like crawling, lunging, and stretching. Participants benefit from strengthening the joints, enhancing core stability and improving overall movement coordination.

## Dance Fit

This fun, group-based training combines various dance styles with cardio, helping you burn calories while improving coordination and flexibility. Experience the joy of movement, build endurance, and connect with others.

## **HYROX Training**

This training program is designed to prepare participants for the upcoming HYROX Hong Kong event scheduled for 8-10 May 2026. Members gain access to a structured program that builds endurance, strength, and technique for the HYROX race.