Class Intensity Level
Beginners
Intermediate
Advanced

November Group Class Schedule

(50 Minutes Per Class) Updated on 26 Oct 2026

Monday 2, 9, 16, 23, 30	Tuesday 3, 10, 17, 24	Wednesday 4, 11, 18, 25	Thursday 5, 12, 19, 26	Friday 6, 13, 20, 27	Saturday 7, 14, 21, 28
09:00 **PILATES REFORMER** *(CARMEN)*	13:00 **POWER REFORMER** *(CARMEN)* *Class not available : 10 Nov	09:00 **PILATES REFORMER** *(CARMEN)* *Class not available : 11 Nov	13:00 **STICK MOBILITY (STRETCHING)** *(KELVIN)*	13:00 **PILATES REFORMER** *(CARMEN)* *Class not available : 13 Nov	18:00 **PILATES REFORMER** *(GIGI)*
12:30 **STICK MOBILITY** *(KELVIN)*	14:00 **PILATES REFORMER** *(CARMEN)* *Class not available : 10 Nov	11:00 **PILATES REFORMER** *(CARMEN)* *Class not available : 11 Nov	15:00 **HYBRID INTRO** *(LIAM)*	14:00 **POWER REFORMER** *(CARMEN)* *Class not available : 13 Nov	
14:00 **POWER REFORMER** *(CARMEN)*	15:00 **PUNCH & BURN** *(SAM)*	13:00 **PILATES REFORMER** *(GIGI)*		18:00 **HYBRID TRAINING (INTERMEDIATE)** *(KELVIN)*	
19:00 **HYBRID TRAINING** *(SAM)*		14:00 **PILATES REFORMER** *(GIGI)*			
19:00 **STRETCHING REFORMER** *(CARMEN)* *Class not available : 23 Nov		15:00 **STRENGTH & CONDITIONING** *(KELVIN)*			
		17:00 **PILATES REFORMER** *(GIGI)*			
		18:00 **PILATES REFORMER** *(GIGI)*			



Enquiry Hotline: 29666515 / 29666535

HYBRID CHALLENGE!
15 Nov
4/F Double Haven



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 make within **24 hours of the schedule class will be deemed as late cancellation**.*
- *Late cancellation / no show charges HKD 270/280 (Reformer) 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.

Strength & Conditioning
This class focuses on building overall strength, muscular endurance, and functional fitness through a combination of resistance training and conditioning exercises. It targets major muscle groups while enhancing stability, coordination, and power for everyday movement.

Power Reformer
This dynamic class focuses on high-intensity, full-body conditioning using the Pilates reformer. It combines strength, endurance, and power-based movements to elevate heart rate while building lean muscle. Through controlled yet explosive exercises, you will challenge your core stability and improve muscular strength.

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.

Punch & Burn
Punch & Burn group classes are high-intensity, combat-based workouts combining boxing, kickboxing, and HIIT techniques to torch calories and improve fitness.

HYBRID Intro
Experience the excitement of fitness racing in this beginner-friendly class. Participants will be introduced to a combination of running and functional workout stations that challenge both strength and endurance. Perfect for those looking to explore a new training style and discover what race-inspired fitness is all about.

HYBRID Training
This training program is designed to prepare participants for fitness racing and endurance-based competition events. Combining running intervals with functional strength and conditioning exercises, members will develop cardiovascular endurance, muscular strength, power, and movement efficiency.