



### Class Intensity Level

- Beginners
- Intermediate
- Advanced

# June Group Class Schedule

(50 Minutes Per Class) Updated on 26 May 2026

Monday 1, 8, 15, 22, 29	Tuesday 2, 9, 16, 23, 30	Wednesday 3, 10, 17, 24	Thursday 4, 11, 18, 25	Friday 5, 12, 26	Saturday 6, 13, 20, 27
12:30 <b>STICK MOBILITY</b> (KELVIN)	13:00 <b>POWER REFORMER</b> (CARMEN)	09:00 <b>PILATES REFORMER</b> (CARMEN) <i>*Class not available on 24 Jun</i>	13:00 <b>STICK MOBILITY</b> (KELVIN)	13:00 <b>REFORMER BODY SCULPTING</b> (FANCY) <i>*Class not available on 26 Jun</i>	18:00 <b>PILATES REFORMER</b> (GIGI) <i>*Class not available on 20 Jun</i> <i>*Sha Tin Twilight Race on 13, 27 Jun</i>
14:00 <b>POWER REFORMER</b> (CARMEN) <b>NEW!</b>	14:00 <b>PILATES REFORMER</b> (CARMEN)	11:00 <b>PILATES REFORMER</b> (CARMEN) <i>*Class not available on 24 Jun</i>	13:00 <b>DANCE FIT</b> (FANCY) <i>*Class not available on 25 Jun</i>	14:00 <b>PILATES REFORMER</b> (FANCY) <i>*Class not available on 26 Jun</i>	
19:00 <b>HYROX TRAINING</b> (SAM)		13:00 <b>PILATES REFORMER</b> (GIGI) <i>*17 Jun Instructor: CARMEN</i>	14:00 <b>CORE BLAST</b> (FANCY) <i>*Class not available on 25 Jun</i>		
		14:00 <b>PILATES REFORMER</b> (GIGI) <i>*17 Jun Instructor: CARMEN</i>	18:00 <b>PILATES REFORMER</b> (FANCY) <i>*Class not available on 25 Jun</i>		
		15:00 <b>PHYSICAL 100</b> (KELVIN) <b>NEW!</b>			
		17:00 <b>PILATES REFORMER</b> (GIGI) <i>*Class not available on 17 Jun</i>			
		18:00 <b>PILATES REFORMER</b> (GIGI) <i>*Class not available on 17 Jun</i>			



Enquiry Hotline: 29666515 / 29666535



## NEW CLASSES RELEASE! **NEW!**

**Monday**

**14:00 POWER REFORMER (CARMEN)**

**Wednesday**

**15:00 PHYSICAL 100 (KELVIN)**



### 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.
























### Class Intensity Level

Beginners  
Intermediate  
Advanced



# July Group Class Schedule

(50 Minutes Per Class) Updated on 13 June 2026

Monday 6, 13, 20, 27	Tuesday 7, 14, 21, 28	Wednesday 8, 15, 22, 29	Thursday 2, 9, 16, 23, 30	Friday 3, 10, 17, 24, 31	Saturday 4, 11, 18, 25
09:00 <b>PILATES REFORMER (CARMEN)</b>  	13:00 <b>POWER REFORMER (CARMEN)</b> *Class not available on 14 Jul 	09:00 <b>PILATES REFORMER (CARMEN)</b> 	13:00 <b>STICK MOBILITY (STRETCHING) (KELVIN)</b> 	13:00 <b>REFORMER BODY SCULPTING (FANCY)</b> *Class not available on 10, 24 Jul 	18:00 <b>PILATES REFORMER (GIGI)</b> *Sha Tin Twilight Race on 4 Jul 
12:30 <b>STICK MOBILITY (KELVIN)</b> 	14:00 <b>PILATES REFORMER (CARMEN)</b> *Class not available on 14 Jul 	11:00 <b>PILATES REFORMER (CARMEN)</b> 	13:00 <b>DANCE FIT (FANCY)</b> *Class not available on 23, 30 Jul 	14:00 <b>PILATES REFORMER (FANCY)</b> *Class not available on 10, 24 Jul 	
14:00 <b>POWER REFORMER (CARMEN)</b> 	15:00 <b>PUNCH &amp; BURN (SAM)</b>  	13:00 <b>PILATES REFORMER (GIGI)</b> 	14:00 <b>CORE BLAST (FANCY)</b> *Class not available on 23, 30 Jul 		
19:00 <b>HYROX TRAINING (SAM)</b> 		14:00 <b>PILATES REFORMER (GIGI)</b> 	18:00 <b>PILATES REFORMER (FANCY)</b> *Class not available on 23, 30 Jul 		
		15:00 <b>STRENGTH &amp; CONDITIONING (KELVIN)</b> 			
		17:00 <b>PILATES REFORMER (GIGI)</b> 			
		18:00 <b>PILATES REFORMER (GIGI)</b> 			



Enquiry Hotline: 29666515 / 29666535

## NEW CLASSES RELEASE!



**Monday**

**09:00 REFORMER (CARMEN)**

**Tuesday**

**15:00 PUNCH & BURN (SAM)**



### 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.

## 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.

## 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.

## 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.

## 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.

## Punch & Burn

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

## 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.

## 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.