

Time	Monday (星期一) JAN 5, 12, 19, 26	
12:30	STICK MOBILITY (KELVIN)	●
16:00	ANIMAL FLOW (SAM) NEW!	●

Time	Tuesday (星期二) JAN 6, 13, 20, 27	
13:00	PILATES REFORMER (CARMEN)	●●
14:00	PILATES REFORMER (CARMEN)	●

Time	Wednesday (星期三) JAN 7, 14, 21, 28	
11:00	PILATES REFORMER (CARMEN)	●
13:00	PILATES REFORMER (GIGI)	●●
14:00	PILATES REFORMER (GIGI)	●
15:00	STRENGTH & CONDITIONING (KELVIN)	●

Class Intensity Level		
Beginners	●	
Intermediate	●●	



January Group Class Schedule

(50 Minutes Per Class)
Updated on 20 Dec 2025

NEW CLASSES RELEASE!

MONDAY

16:00 **ANIMAL FLOW (SAM) NEW!**

THURSDAY

13:00 **STICK MOBILITY (KELVIN) NEW!**

13:00 **DANCE FIT (FANCY) NEW!**

14:00 **CORE BLAST (FANCY) NEW!**

Time	Thursday (星期四) JAN 8, 15, 22, 29	
13:00	STICK MOBILITY (KELVIN) NEW!	●
13:00	DANCE FIT (FANCY) NEW! *Class not available on 15 Jan	●
14:00	CORE BLAST (FANCY) NEW! *Class not available on 15 Jan	●
18:00	PILATES REFORMER (FANCY) *Class not available on 15 Jan	●●
19:00	TRX (KELVIN)	●

Time	Friday (星期五) JAN 2, 9, 16, 23, 30	
13:00	PILATES REFORMER BODY SCULPTING (FANCY) *Class not available on 16 Jan	●●
14:00	PILATES REFORMER (FANCY) *Class not available on 16 Jan	●●

Time	Saturday (星期六) JAN 3, 10, 17, 24, 31	
18:00	PILATES REFORMER (GIGI)	●

View the list of group fitness classes
here or browse and book directly on
the Members' Mobile App.



HKJC Members' Mobile App



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.

Enquiry Hotline: 29666515 / 29666535

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.