

Time	Saturday (星期六) OCT 3, 10, 17, 24, 31	
09:00	BEGINNERS' REFORMER INTRODUCTION (YEN)	●
	STREET JAZZ (GENESIS)	●
	*31 st OCT: Wicked Dance Party	
	PILATES REFORMER (RAUL)	●
	*17 Oct Instructor: JILL	●
	*24 & 31 Oct Instructor: AUDREY	
10:00	FUNCTIONAL FIT (JOE)	●●
	WESTERN BOXING (WIN)	●●
	BEGINNERS' REFORMER INTRODUCTION (RAUL)	●
	*17 Oct Instructor: LUIS	
	*24 & 31 Oct Instructor: AUDREY	
	DANCE FITNESS (JENS)	●
11:00	*10 & 24 Oct Class type: ABS BUTTS AND THIGHS (JENS)	●●
	*31 Oct Instructor: GENESIS	
	REFORMER FLOW Lv2 (JILL)	●●
	MAT PILATES (YEN)	●
	KETTLE BELL TRAINING (JOE)	●
	*31 st OCT: Pumpkin bell	
12:00	PILATES REFORMER (JENS)	●
	*31 Oct Instructor: GIGI	
	PILATES REFORMER Lv2 (RAUL)	●●
	*17 Oct Instructor: GIGI	
13:00	*24 & 31 Oct Instructor: AUDREY	
	BODYPUMP™ (JILL)	●●
14:00	*31 st OCT: Pumpkin Power Pump	
	GYROKINESIS INTRODUCTION (WIN)	●
15:00	BEGINNERS' REFORMER INTRODUCTION (RAUL)	●
	*17 Oct Instructor: LUIS	
	*24 & 31 Oct Instructor: AUDREY	
	MAT PILATES SPINE CORRECTOR (GIGI)	●
16:00	HIIT REFORMER Lv2 (JILL)	●●
	RELAXING STRETCH (JENS)	●
	*Class not available on 31 Oct	
	MUAY THAI (WIN)	●●
17:00	BEGINNERS' REFORMER INTRODUCTION (GIGI)	●
	BEGINNERS' BOXING (WIN)	●
18:00	REFORMER FLOW (GIGI)	●
	AERIAL YOGA (KP)	●
19:00	*Class not available on 31 Oct	
	YOGA WHEEL (KP)	●
20:00	*Class not available on 31 Oct	

Time	Sunday (星期日) OCT 4, 11, 18, 25	
09:00	VALLEY RIDE (LUIS)	●●
	REFORMER FLOW (MARK)	●
10:00	TRX FITNESS Lv2 (LUIS)	●●
	PILATES REFORMER (JENS)	●
	MAT PILATES (MARK)	●
	MUAY THAI (BOBBY)	●●
11:00	BEGINNERS' REFORMER INTRODUCTION (MARK)	●
	DANCE FITNESS (JENS)	●
	REFORMER FLOW Lv2 (JILL)	●●
	STICK MOBILITY (LUIS)	●
12:00	ROLLER RELEASE (MARK)	●
	HIIT REFORMER Lv2 (JILL)	●●
14:00	YOGA THERAPY (KP)	●
15:00	REFORMER - POSTURE RESET (JOANNE)	●
	ALIGNMENT YOGA (KP)	●

Class Intensity Level

All Levels/Beginners

Intermediate Level

Reformer Pre-requisite:

Level1: Min. 5 sessions of Introduction

Level2: Min. 10 sessions of Level1 class

- 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 280 will be applied.



October Group Class Schedule

(50 Minutes Per Class)

Updated on 5 OCT 2026



Time	Monday (星期一) OCT 5, 12, 19, 26	
08:00	BODYPUMP™ (LUIS)	●●
	BODY COMBAT™ (CINDY)	●●
09:00	HIIT REFORMER Lv1 (JILL)	●
	ROLLER RELEASE X STICK MOBILITY (LUIS)	●
	KETTLE BELL TRAINING (JOE)	●
	BEGINNERS' REFORMER INTRODUCTION (SAM)	●
10:00	*19 & 26 Oct Instructor: KRIS	
	STREET JAZZ (JILL)	●
	PILATES REFORMER Lv2 (JENS)	●●
11:00	MAT PILATES (CINDY)	●
	PILATES REFORMER (JILL)	●
	ABS BUTTS AND THIGHS (JENS)	●●
	REFORMER FLOW (SAM)	●
	*19 & 26 Oct Instructor: KRIS	
	ALIGNMENT YOGA (KP)	●
12:00	*Class not available on 12 Oct	
	BEGINNERS' BOXING (WIN)	●
	MAT PILATES SPINE CORRECTOR (SAM)	●
	*19 & 26 Oct Instructor: KRIS	
13:00	PILATES REFORMER Lv2 (JENS)	●●
	RELAXING STRETCH (JILL)	●
	FUNCTIONAL FIT (WIN)	●●
14:00	REGGAETON DANCE (JENS)	●
	MYOFASCIAL RELEASE YOGA (SHAN)	●
15:00	*Class not available on 19 Oct	
	BEGINNERS' REFORMER INTRODUCTION (RAUL)	●
	*12 & 26 Oct Instructor: JILL	
	*Class not available on 19 Oct	
16:00	YOGA THERAPY (SHAN)	●
	*Class not available on 19 Oct	
17:00	PILATES REFORMER (RAUL)	●
	*12 & 26 Oct Instructor: JILL	
18:00	*Class not available on 19 Oct	
	PILATES REFORMER Lv2 (RAUL)	●●
	*12 & 26 Oct Instructor: JILL	
	*Class not available on 19 Oct	
19:00	WESTERN BOXING (WIN)	●●
	*Class not available on 19 Oct	
20:00	PILATES REFORMER STRETCH (RAUL)	●
	*Class only available on 5 Oct	

Time	Tuesday (星期二) OCT 6, 13, 20, 27	
08:00	FUNCTIONAL FIT (LUIS)	●●
09:00	TRX YOGA (JILL)	●●
	REFORMER FLOW (JOANNE)	●
	YOGA MEDITATION (KP)	●
10:00	REFORMER FLOW (JOANNE)	●
	BACHATA DANCE (SANDRA) *Class not available on 6 Oct	●
	REFORMER FLOW Lv2 (JILL)	●●
	YOGA THERAPY (KP)	●
11:00	BEGINNERS' BOXING (WIN)	●
	PILATES REFORMER (ALICE) *6 Oct Instructor: RAUL	●
	TRX FITNESS (LUIS)	●
	HIIT REFORMER Lv2 (JILL)	●●
12:00	YIN YANG (JOANNE)	●
	STREET JAZZ (SANDRA) *6 Oct Instructor: JILL	●
	PILATES REFORMER STRETCH (ALICE) *6 Oct Instructor: RAUL	●
	AERIAL YOGA (JOANNE)	●
15:00	WARM RELAXING STRETCH (JOANNE)	●
16:00	REFORMER - POSTURE RESET (JOANNE)	●
17:30	DANCE FITNESS (SANDRA) *Class not available on 6 Oct	●
18:30	REFORMER FLOW (JILL)	●
	LATINO FITNESS (SANDRA) *Class not available on 6 Oct	●
19:30	HIIT REFORMER Lv2 (JILL)	●●
	WESTERN BOXING (BOBBY)	●●

Class Intensity Level
All Levels/Beginners
Intermediate Level
Reformer Pre-requisite:
Level1: Min. 5 sessions of Introduction
Level2: Min. 10 sessions of Level1 class



Time	Wednesday (星期三) OCT 7, 14, 21, 28	
08:00	REFORMER FLOW (YEN)	●
09:00	REFORMER FLOW (YEN)	●
	BODY COMBAT™ (CINDY) *28 Oct Instructor: GENESIS	●●
	PILATES REFORMER Lv2 (JENS) *28 Oct Instructor: GIGI	●●
	BARRE (JILL)	●
10:00	PILATES REFORMER STRETCH (JILL)	●
	DANCE FITNESS (SANDRA) *Class not available on 7 Oct	●
	REFORMER FLOW (JENS) *28 Oct Instructor: GIGI	●
	MAT PILATES (SAM) *21 & 28 Oct Instructor: KRIS	●
11:00	FUNCTIONAL FIT (JOE)	●●
	REFORMER FLOW (SAM) *21 & 28 Oct Instructor: KRIS	●
	SALSA DANCE (SANDRA) *7 Oct Instructor: JILL	●
	PILATES REFORMER Lv2 (JENS) *28 Oct Instructor: JILL	●●
12:00	YOGALATES (VESTA)	●
	KETTLE BELL TRAINING (JOE)	●
	BODY PUMP INTRODUCTION (JILL)	●
	REFORMER FLOW (SAM) *21 & 28 Oct Instructor: KRIS	●
13:00	ALIGNMENT YOGA (VESTA)	●
16:00	HATHA YOGA Lv2 (VESTA)	●●
17:00	REFORMER FLOW (ARNOLD)	●
18:30	REFORMER FLOW (ARNOLD)	●
19:30	KETTLE BELL TRAINING (JOE)	●
	ATHLETIC CIRCUIT TRAINING (JOE)	●●

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



HKJC Members' Mobile App

Time	Thursday(星期四) OCT 1, 8, 15, 22, 29	
08:00	TRX FITNESS (LUIS)	●
09:00	TABATA (LUIS)	●●
	REFORMER FLOW (YEN)	●
	BEGINNERS' INTRO - AERIAL YOGA (KP) *Class not available on 29 Oct	●
10:00	PILATES REFORMER STRETCH (YEN)	●
	LATINO DANCE (JENS) *29 Oct Class type: TECHNIQUE DANCE (GENESIS)	●
	PILATES REFORMER Lv2 (RAUL) *15 & 29 Oct Instructor: AUDREY	●●
	*22 Oct Instructor: JILL	
11:00	ALIGNMENT YOGA (SHAN)	●
	FUNCTIONAL FIT (LUIS)	●●
	REFORMER FLOW (JENS) *29 Oct Class type: BEGINNERS' REFORMER INTRODUCTION (LUIS)	●
	BODYPUMP™ (LUIS) *29 Oct Instructor: GENESIS	●●
12:00	PILATES REFORMER Lv2 (RAUL) *15 & 29 Oct Instructor: AUDREY	●●
	*22 Oct Instructor: JILL	
	RELAXING STRETCH (SHAN)	●
	BEGINNERS' BOXING (WIN)	●
15:00	STREET JAZZ (JENS) *29 Oct Instructor: GENESIS	●
	PILATES REFORMER (RAUL) *15 & 29 Oct Instructor: AUDREY	●
	*22 Oct Instructor: JILL	
	MYOFASCIAL RELEASE YOGA (SHAN)	●
16:00	MUAY THAI (WIN)	●●
17:30	STREET JAZZ (GENESIS)	●
18:30	TECHNIQUE DANCE (GENESIS)	●
19:30	BEGINNERS' REFORMER INTRODUCTION (YEN)	●
20:30	BEGINNERS' CYCLING (YEN)	●
	PILATES REFORMER Lv2 (JENS) *29 Oct Instructor: YEN	●●
	PILATES REFORMER Lv2 (JENS) *29 Oct Instructor: YEN	●●

Class Intensity Level
All Levels/Beginners
Intermediate Level
Reformer Pre-requisite:
Level1: Min. 5 sessions of Introduction
Level2: Min. 10 sessions of Level1 class



Time	Friday (星期五) OCT 2, 9, 16, 23, 30	
07:00	VALLEY RIDE (LUIS)	●●
08:00	TABATA (LUIS)	●●
09:00	BODYPUMP™ (LUIS) 🎃*30 th OCT: Pumpkin Power Pump	●●
	BEGINNERS' REFORMER INTRODUCTION (ARNOLD) *2 Oct Instructor: JENS	●
	GYROKINESIS INTRODUCTION (WIN)	●
10:00	REFORMER FLOW (ARNOLD) *2 Oct Instructor: JENS	●
	LATINO FITNESS (SANDRA) *9 & 23 Oct Class type: TECHNIQUE DANCE (SANDRA)	●
	🎃*30 th OCT: Spooky Retro Beats	
	PILATES REFORMER Lv2 (YEN)	●●
11:00	AERIAL YOGA (JOANNE)	●
	WESTERN BOXING (BOBBY)	●●
	BEGINNERS' REFORMER INTRODUCTION (LUIS) *2 & 9 Oct Instructor: RAUL	●
	BACHATA ZUMBA FUSION (SANDRA)	●
12:00	REFORMER FLOW (ARNOLD) *2 Oct Instructor: YEN	●
	YOGA WHEEL (JOANNE)	●
	BEGINNERS' BOXING (WIN)	●
	🎃*30 th OCT: Halloween Boxing Bash	
13:00	ROLLER RELEASE X STICK MOBILITY (LUIS)	●
	PILATES REFORMER Lv2 (RAUL) *16 & 23 Oct Instructor: YEN	●●
	*Class not available on 30 Oct	
16:00	VINYASA GENTLE (JOANNE)	●
17:00	REFORMER - POSTURE RESET (JOANNE)	●
17:30	BACHATA DANCE (SANDRA)	●
18:30	SAMBA BRASIL DANCE (SANDRA)	●
19:30	REFORMER FLOW (KRIS) *30 Oct Instructor: GIGI	●
	MYOFASCIAL RELEASE YOGA (SHAN)	●
	BEGINNERS' REFORMER INTRODUCTION (KRIS) *30 Oct Instructor: GIGI	●
	PILATES REFORMER (KRIS) *30 Oct Instructor: GIGI	●
	BEGINNERS' BOXING (BOBBY)	●