

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	●
10:00	*24 & 31 Oct Instructor: AUDREY	
	FUNCTIONAL FIT (JOE)	●●
	WESTERN BOXING (WIN)	●●
	*24 Oct Instructor: BOBBY	
	BEGINNERS' REFORMER INTRODUCTION (RAUL)	●
11:00	*17 Oct Instructor: LUIS	
	*24 & 31 Oct Instructor: AUDREY	
	DANCE FITNESS (JENS)	●
	*10 & 24 Oct Class type: ABS BUTTS AND THIGHS (JENS)	●●
	*31 Oct Instructor: GENESIS	
12:00	REFORMER FLOW Lv2 (JILL)	●●
	MAT PILATES (YEN)	●
	KETTLE BELL TRAINING (JOE)	●
	*31 st OCT: Pumpkin bell	
	PILATES REFORMER (JENS)	●
13:00	*31 Oct Instructor: GIGI	
	PILATES REFORMER Lv2 (RAUL)	●●
	*17 Oct Instructor: GIGI	
	*24 & 31 Oct Instructor: AUDREY	
	BODYPUMP™ (JILL)	●●
14:00	*31 st OCT: Pumpkin Power Pump	
	GYROKINESIS INTRODUCTION (WIN)	●
	*Class not available on 24 Oct	
	BEGINNERS' REFORMER INTRODUCTION (RAUL)	●
	*17 Oct Instructor: LUIS	
15:00	*24 & 31 Oct Instructor: AUDREY	
	MAT PILATES SPINE CORRECTOR (GIGI)	●
	HIIT REFORMER Lv2 (JILL)	●●
	RELAXING STRETCH (JENS)	●
	*Class not available on 31 Oct	
16:00	MUAY THAI (WIN)	●●
	*24 Oct Instructor: BOBBY	
	BEGINNERS' REFORMER INTRODUCTION (GIGI)	●
	BEGINNERS' BOXING (WIN)	●
	*Class not available on 24 Oct	
17:00	REFORMER FLOW (GIGI)	●
	AERIAL YOGA (KP)	●
	*Class not available on 31 Oct	
	YOGA WHEEL (KP)	●
	*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 11 OCT 2026



Time	Monday (星期一) OCT 5, 12, 19, 26	
08:00	BODYPUMP™ (LUIS)	●●
09:00	BODY COMBAT™ (CINDY)	●●
	HIIT REFORMER Lv1 (JILL)	●
	ROLLER RELEASE X STICK MOBILITY (LUIS)	●
	KETTLE BELL TRAINING (JOE)	●
10:00	BEGINNERS' REFORMER INTRODUCTION (SAM)	●
	*19 & 26 Oct Instructor: KRIS	
	STREET JAZZ (JILL)	●
11:00	PILATES REFORMER Lv2 (JENS)	●●
	MAT PILATES (CINDY)	●
	PILATES REFORMER (JILL)	●
	ABS BUTTS AND THIGHS (JENS)	●●
	REFORMER FLOW (SAM)	●
12:00	*19 & 26 Oct Instructor: KRIS	
	ALIGNMENT YOGA (KP)	●
	*Class not available on 12 Oct	
	BEGINNERS' BOXING (WIN)	●
13:00	MAT PILATES SPINE CORRECTOR (SAM)	●
	*19 & 26 Oct Instructor: KRIS	
	PILATES REFORMER Lv2 (JENS)	●●
	RELAXING STRETCH (JILL)	●
14:00	FUNCTIONAL FIT (WIN)	●●
	REGGAETON DANCE (JENS)	●
	MYOFASCIAL RELEASE YOGA (SHAN)	●
15:00	*Class not available on 19 Oct	
	BEGINNERS' REFORMER INTRODUCTION (RAUL)	●
	*12 & 26 Oct Instructor: JILL	
16:00	*Class not available on 19 Oct	
	YOGA THERAPY (SHAN)	●
	*Class not available on 19 Oct	
17:00	PILATES REFORMER (RAUL)	●
	*12 & 26 Oct Instructor: JILL	
	*Class not available on 19 Oct	
18:30	PILATES REFORMER Lv2 (RAUL)	●●
	*12 & 26 Oct Instructor: JILL	
	*Class not available on 19 Oct	
19:30	WESTERN BOXING (WIN)	●●
	*Class not available on 19 Oct	
20:30	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

Enquiry Hotline:

29661213 / 29661347

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)	●●
12:00	*29 Oct Instructor: GENESIS	
	PILATES REFORMER Lv2 (RAUL) *15 & 29 Oct Instructor: AUDREY	●●
	*22 Oct Instructor: JILL	
	RELAXING STRETCH (SHAN)	●
13:00	BEGINNERS' BOXING (WIN)	●
	STREET JAZZ (JENS)	●
	*29 Oct Instructor: GENESIS	
	PILATES REFORMER (RAUL) *15 & 29 Oct Instructor: AUDREY	●
14:00	*22 Oct Instructor: JILL	
	MYOFASCIAL RELEASE YOGA (SHAN)	●
	MUAY THAI (WIN)	●●
	STREET JAZZ (GENESIS)	●
16:00	TECHNIQUE DANCE (GENESIS)	●
17:30	BEGINNERS' REFORMER INTRODUCTION (YEN)	●
18:30	BEGINNERS' CYCLING (YEN)	●
19:30	PILATES REFORMER Lv2 (JENS) *29 Oct Instructor: YEN	●●
20:30	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) *23 Oct Class type: MAT PILATES (YEN)	●
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) *23 Oct Instructor: BOBBY	●
	*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	
	VINYASA GENTLE (JOANNE)	●
15:00	REFORMER - POSTURE RESET (JOANNE)	●
16:00	BACHATA DANCE (SANDRA)	●
17:00	SAMBA BRASIL DANCE (SANDRA)	●
17:30	REFORMER FLOW (KRIS) *30 Oct Instructor: GIGI	●
	MYOFASCIAL RELEASE YOGA (SHAN)	●
18:30	BEGINNERS' REFORMER INTRODUCTION (KRIS) *30 Oct Instructor: GIGI	●
19:30	PILATES REFORMER (KRIS) *30 Oct Instructor: GIGI	●
	BEGINNERS' BOXING (BOBBY)	●

Time	Saturday (星期六) NOV 7, 14, 21, 28	
09:00	BEGINNERS' REFORMER INTRODUCTION (YEN)	●
	STREET JAZZ (GENESIS)	●
	PILATES REFORMER (RAUL)	●
	FUNCTIONAL FIT (JOE)	●●
	WESTERN BOXING (WIN) *21 Nov Instructor: BOBBY	●●
10:00	BEGINNERS' REFORMER INTRODUCTION (RAUL)	●
	DANCE FITNESS (JENS) *7 Nov Instructor: GENESIS *14 & 28 Nov Class type: ABS BUTTS AND THIGHS	●
	REFORMER FLOW Lv2 (JILL) 7 Nov Instructor: JENS	●●
	MAT PILATES (YEN)	●
	KETTLE BELL TRAINING (JOE)	●
11:00	PILATES REFORMER (JENS)	●
	BODYPUMP™(JILL) 7 Nov Instructor: GENESIS	●●
	PILATES REFORMER Lv2 (RAUL)	●●
	GYROKINESIS INTRODUCTION (WIN) *21 Nov Class type: Roller Release (YEN)	●
	BEGINNERS' REFORMER INTRODUCTION (RAUL)	●
12:00	MAT PILATES SPINE CORRECTOR (GIGI) *Class not available on 21 Nov	●
	HIIT REFORMER Lv2 (JILL) *7 Nov Instructor: YEN	●●
	RELAXING STRETCH (JENS)	●
	MUAY THAI (WIN) *21 Nov Instructor: BOBBY	●●
	BEGINNERS' REFORMER INTRODUCTION (GIGI) *21 Nov Instructor: JENS	●
14:00	BEGINNERS' BOXING (WIN) *Class not available on 21 Nov	●
	REFORMER FLOW (GIGI) *21 Nov Instructor: JENS	●
15:00	AERIAL YOGA (KP) *Class not available on 7 Nov	●
	YOGA WHEEL (KP) *Class not available on 7 Nov	●

Time	Sunday (星期日) NOV 1, 8, 15, 22, 29	
09:00	VALLEY RIDE (LUIS)	●●
	*Class not available on 15 Nov REFORMER FLOW (MARK) *22 Nov Instructor: JENS	●
10:00	TRX FITNESS Lv2 (LUIS) *15 Nov Instructor: MARK	●●
	PILATES REFORMER (JENS) *1 Nov Instructor: JILL	●
	MAT PILATES (MARK) *15 Nov Instructor: JILL *22 Nov Instructor: JILL	●
	MUAY THAI (BOBBY)	●●
11:00	BEGINNERS' REFORMER INTRODUCTION (MARK) *Class not available on 22 Nov	●
	DANCE FITNESS (JENS) 1 Nov Class type: STREET JAZZ (JILL)	●
	REFORMER FLOW Lv2 (JILL) *Class not available on 1 & 8 Nov	●●
	STICK MOBILITY (LUIS) *Class not available on 15 Nov	●
12:00	ROLLER RELEASE (MARK) 22 Nov Class type: RELAXING STRETCH (JENS)	●
	HIIT REFORMER Lv2 (JILL) *8 Nov Instructor: JENS	●●
	YOGA THERAPY (KP) *Class not available on 1 & 8 Nov	●
14:00	REFORMER - POSTURE RESET (JOANNE)	●
	ALIGNMENT YOGA (KP) *Class not available on 1 & 8 Nov	●
15:00	ALIGNMENT YOGA (KP) *Class not available on 1 & 8 Nov	●

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.



November Group Class Schedule

(50 Minutes Per Class)

Updated on 19 OCT 2026



TUESDAYS

09:00 BODYPUMP™ (JILL)

16:00 TECHNIQUE DANCE (SANDRA)

17:00 DANCE FITNESS (SANDRA)

Time	Monday (星期一) 2, 9, 16, 23, 30	
08:00	BODYPUMP™ (LUIS)	●●
09:00	BODY COMBAT™ (CINDY) *2, 23 & 30 Nov Instructor: GENESIS	●●
	HIIT REFORMER Lv1 (JILL)	●
	ROLLER RELEASE x STICK MOBILITY (LUIS)	●
	KETTLE BELL TRAINING (JOE)	●
10:00	BEGINNERS' REFORMER INTRODUCTION (KRIS) *2 Nov Instructor: ALICE *30 Nov Instructor: SAM	●
	STREET JAZZ (JILL) *2, 23 & 30 Nov Instructor: GENESIS	●
	PILATES REFORMER Lv2 (JENS)	●●
	MAT PILATES (CINDY) *2, 23 & 30 Nov Instructor: JILL	●
11:00	PILATES REFORMER (JILL)	●
	ABS BUTTS AND THIGHS (JENS)	●●
	REFORMER FLOW (KRIS) *2 Nov Instructor: ALICE *30 Nov Instructor: SAM	●
	ALIGNMENT YOGA (KP) *Class not available on 2 & 9 Nov	●
	BEGINNERS' BOXING (WIN)	●
12:00	MAT PILATES SPINE CORRECTOR (KRIS) *2 Nov Instructor: ALICE *30 Nov Instructor: SAM	●
	PILATES REFORMER Lv2 (JENS)	●●
	RELAXING STRETCH (JILL)	●
13:00	FUNCTIONAL FIT (WIN)	●●
	REGGAETON DANCE (JENS)	●
16:00	MYOFASCIAL RELEASE YOGA (SHAN) *Class not available on 23 Nov	●
17:00	BEGINNERS' REFORMER INTRODUCTION (RAUL)	●
	YOGA THERAPY (SHAN) *Class not available on 23 Nov	●
18:30	PILATES REFORMER (RAUL)	●
19:30	PILATES REFORMER Lv2 (RAUL)	●●
	WESTERN BOXING (WIN)	●●
20:30	PILATES REFORMER STRETCH (RAUL)	●

Time	Tuesday (星期二) Nov 3, 10, 17, 24	
08:00	FUNCTIONAL FIT (LUIS)	●●
09:00	*Class not available on 10 Nov	
	BODYPUMP™ (JILL)	●●
	REFORMER FLOW (JOANNE)	●
	*17 & 24 Nov Instructor: ALICE	
10:00	YOGA MEDITATION (KP)	●
	*3 & 10 Nov Class type: ALIGNMENT YOGA(SHAN)	
11:00	REFORMER FLOW (JOANNE)	●
	*17 & 24 Nov Instructor: ALICE	
	BACHATA DANCE (SANDRA)	●
	REFORMER FLOW Lv2 (JILL)	●●
12:00	YOGA THERAPY (KP)	●
	*3 & 10 Nov Instructor: SHAN	
	BEGINNERS' BOXING (WIN)	●
	PILATES REFORMER (RAUL)	●
13:00	TRX FITNESS (LUIS)	●
	*10 Nov Class type: SAMBA DANCE (SANDRA)	
	HIIT REFORMER Lv2 (JILL)	●●
	YIN YANG (JOANNE)	●
14:00	*17 Nov Instructor: SHAN	
	*24 Nov Instructor: KP	
	SALSA DANCE (SANDRA)	●
	PILATES REFORMER STRETCH (RAUL)	●
15:00	AERIAL YOGA (JOANNE)	●
	*17 Nov Class type: MYOFASCIAL RELEASE YOGA (SHAN)	
	*24 Nov Instructor: KP	
	WARM RELAXING STRETCH (JOANNE)	●
16:00	*17 & 24 Nov Instructor: JILL	
	TECHNIQUE DANCE (SANDRA)	●
	REFORMER - POSTURE RESET (JOANNE)	●
	*17 & 24 Nov Instructor: JILL	
17:00	DANCE FITNESS (SANDRA)	●
17:30	REFORMER FLOW (JILL)	●
18:30	HIIT REFORMER Lv2 (JILL)	●●
19:30	WESTERN BOXING (BOBBY)	●●

Time	Wednesday (星期三) NOV 4, 11, 18, 25	
08:00	REFORMER FLOW (YEN)	●
09:00	REFORMER FLOW (YEN)	●
	BODY COMBAT™ (CINDY)	●●
	*4 & 25 Nov Instructor: GENESIS	
	PILATES REFORMER Lv2 (JENS)	●●
10:00	BARRE (JILL)	●
	PILATES REFORMER STRETCH (JILL)	●
	TECHNIQUE DANCE (SANDRA)	●
	REFORMER FLOW (JENS)	●
11:00	MAT PILATES (SAM)	●
	*4 Nov Instructor: VESTA	
	*11 Nov Instructor: JOANNE	
	FUNCTIONAL FIT (JOE)	●●
12:00	REFORMER FLOW (SAM)	●
	*4 Nov Instructor: JILL	
	*11 Nov Instructor: JOANNE	
	STREET JAZZ (SANDRA)	●
13:00	PILATES REFORMER Lv2 (JENS)	●●
	YOGALATES (VESTA)	●
	KETTLE BELL TRAINING (JOE)	●
	BODY PUMP INTRODUCTION (JILL)	●
14:00	REFORMER FLOW (SAM)	●
	*4 Nov Instructor: JENS	
	*11 Nov Instructor: JOANNE	
	ALIGNMENT YOGA (VESTA)	●
15:00	HATHA YOGA Lv2 (VESTA)	●●
16:00	REFORMER FLOW (ARNOLD)	●
17:00	*Class not available on 11 Nov	
	REFORMER FLOW (ARNOLD)	●
18:30	*Class not available on 11 Nov	
	KETTLE BELL TRAINING (JOE)	●
19:30	ATHLETIC CIRCUIT TRAINING (JOE)	●●

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HKJC Members' Mobile App

Enquiry Hotline:
29661213 / 29661347

Time	Thursday (星期四) NOV 5, 12, 19, 26	
08:00	TRX FITNESS (LUIS)	●
09:00	TABATA (LUIS)	●●
	REFORMER FLOW (YEN)	●
	BEGINNERS' INTRO - AERIAL YOGA (KP)	●
	*Class starting on 19 Nov	
10:00	PILATES REFORMER STRETCH (YEN)	●
	LATINO DANCE (JENS)	●
	PILATES REFORMER Lv2 (RAUL)	●●
	ALIGNMENT YOGA (SHAN)	●
11:00	*26 Nov Instructor: KP	
	FUNCTIONAL FIT (LUIS)	●●
	REFORMER FLOW (JENS)	●
	BODYPUMP™ (LUIS)	●●
12:00	PILATES REFORMER Lv2 (RAUL)	●●
	RELAXING STRETCH (SHAN)	●
	*26 Nov Class type: YOGA THERAPY (KP)	
	BEGINNERS' BOXING (WIN)	●
13:00	*19 Nov Instructor: BOBBY	
	STREET JAZZ (JENS)	●
	PILATES REFORMER (RAUL)	●
	MYOFASCIAL RELEASE YOGA (SHAN)	●
14:00	*26 Nov Class type: YOGA STRETCH (KP)	
	MUAY THAI (WIN)	●●
	*19 Nov Instructor: BOBBY	
	STREET JAZZ (GENESIS)	●
15:00	TECHNIQUE DANCE (GENESIS)	●
16:00	BEGINNERS' REFORMER INTRODUCTION (YEN)	●
17:30	BEGINNERS' CYCLING (YEN)	●
18:30	PILATES REFORMER Lv2 (JENS)	●●
19:30	PILATES REFORMER Lv2 (JENS)	●●

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) NOV 6, 13, 20, 27	
07:00	VALLEY RIDE (LUIS)	●●
08:00	TABATA (LUIS)	●●
09:00	BODYPUMP™ (LUIS)	●●
	BEGINNERS' REFORMER INTRODUCTION (ARNOLD)	●
	GYROKINESIS INTRODUCTION (WIN)	●
	*20 Nov Instructor: AUSKER	
10:00	REFORMER FLOW (ARNOLD)	●
	LATINO FITNESS (SANDRA)	●
	PILATES REFORMER Lv2 (YEN)	●●
	*20 Nov Instructor: AUSKER	
11:00	AERIAL YOGA (JOANNE)	●●
	*13 & 20 Nov Class type: ALIGNMENT YOGA(SHAN)	
	*27 Nov Instructor: KP	
	WESTERN BOXING (BOBBY)	●●
12:00	BEGINNERS' REFORMER INTRODUCTION (RAUL)	●
	BACHATA ZUMBA FUSION (SANDRA)	●
	REFORMER FLOW (ARNOLD)	●
	YOGA WHEEL (JOANNE)	●
13:00	*13 & 20 Nov Instructor: SHAN	
	*27 Nov Instructor: KP	
	BEGINNERS' BOXING (WIN)	●
	*20 Nov Instructor: BOBBY	
14:00	ROLLER RELEASE x STICK MOBILITY (LUIS)	●
	PILATES REFORMER Lv2 (RAUL)	●●
	VINYASA GENTLE (JOANNE)	●
	*13 & 20 Nov Instructor: SHAN	
15:00	*27 Nov Instructor: KP	
	REFORMER - POSTURE RESET (JOANNE)	●
	*Class only available on 6 Nov	
	BACHATA DANCE (SANDRA)	●
16:00	SAMBA BRASIL DANCE (SANDRA)	●
17:00	REFORMER FLOW (KRIS)	●
17:30	MYOFASCIAL RELEASE YOGA (SHAN)	●
18:30	*Class not available on 27 Nov	
	BEGINNERS' REFORMER INTRODUCTION (KRIS)	●
19:30	PILATES REFORMER (KRIS)	●
	BEGINNERS' 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

Our Group Fitness Classes

HYBRID STUDIO

LATINO DANCE

Enjoy a sweaty and fun dance routine choreographed with Latin dance styles originating from different countries in South America, Central America and the Caribbean. Learn dance styles such as champeta, samba, salsa, bachata and merengue. A fun class suitable for everyone.

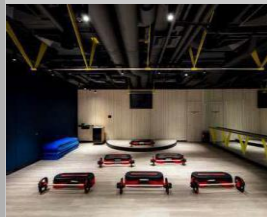


VALLEY SALSA

In this dance class, participants will learn the fundamentals of Latin dance forms such as salsa. Pick up rapid leg and hip movements, distinctive steps, turns and twirls that make this dance style instantly recognisable. No previous dance experience is required to join.

LES MILLS BODYPUMP™

A fast-paced, barbell-based workout specifically designed to help you get lean, toned and fit. Using light to moderate weights with lots of repetition, this class gives you a total-body workout.



VALLEY TONE

Focusing on strength - enhancing and toning exercises that target your abs and hips, this class uses fun props and your body weight to lift heart rate and increase metabolism.

VALLEY CIRCUIT

A workout based around several exercise stations that you move through quickly after completing one to another. An excellent way to improve mobility, strength and stamina.

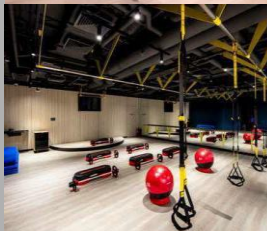


VALLEY HIIT (TRX)

A heart-pumping, strength-conditioning, total-body workout that takes your training to the 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.

POWER ABS

Designed to develop a powerful abdominal wall that will take your physical ability to an entirely new level, this class will also improve your postures and general fitness.



LES MILLS BODYCOMBAT™

An empowering cardio workout where you can stretch your limits. This fiercely energetic programme is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Muay Thai.

DANCE FITNESS

This class merges exercise with upbeat music and dancing by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

STREET JAZZ

Street Jazz is an upbeat choreography class set to the latest music. Ready to feel like a dance diva? Learn some new moves and work up a sweat.

TRX YOGA

TRX in yoga suits all levels, from complete beginners to experienced practitioners. The TRX strap supports yoga poses in a wide variety of ways. It helps muscle strength and builds confidence in tackling new or difficult poses.

BARRE

A combination of ballet-inspired moves with elements of Pilates, dance and strength training, designed to burn fat, tone and sculpt your body. This empowering and energizing workout has proven to create long, lean, powerful muscles.

HYBRID STUDIO

MAT PILATES

A mat-based functional movement class with traditional Pilates exercises for toning, strengthening and lengthening the deeper muscles. Build strength without the bulk, improve flexibility and mobility, and prevent injuries. This program is suitable for absolute beginners and experienced Pilates practitioners.



TRX FITNESS

This 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.

BODY ATTACK™

BODY ATTACK™ is a high-energy fitness class with moves catering to both total beginners and seasoned veterans. The class combines athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats for full body conditioning and improved fitness.

MYOFASCIAL ROLLER RELEASE

This class focuses on self-myofascial release, which helps to relieve tension in the body by massaging away adhesions while improving flexibility and circulation.

REGGAETON DANCE

Originating from Panama as 'Spanish reggae', reggaeton is a fusion of reggae, Latin and hip hop music. The reggaeton beat is fun and energetic, and fit for expressive, sensual dance moves involving the hips and Latin dance techniques. This class is for everyone to enjoy.

TABATA & STRETCH

Tabata is a form of high-intensity interval training that increases strength, burns calories and improves cardiovascular and metabolic health. Conducted in a circuit format, each round lasts four minutes, featuring eight intervals of 20 seconds where you go as hard as you can, followed by 10 seconds of rest. Each Tabata workout is scalable to meet your training needs.

ViPR TRAINING

ViPR stands for vitality, performance, reconditioning. Our training bridges the gap between movement and strength training. It combines full-body movement with load, enhancing your vitality, performance and reconditioning goals. ViPR introduces a new concept in fitness and sports training.

ZUMBA DANCE

Zumba is an internationally well-known fitness programme that involves cardio and Latin-inspired dance. Fun and beneficial, it incorporates dance moves designed to get your heart rate up and boost your cardio endurance.

STEP FIT

Sweat it out on our step machine to the rhythm of music. It combines fitness training and functional strength exercises by targeting the legs, upper body and core muscles, which builds your strength and flexibility. It caters to all fitness levels.

MOVEMENT STUDIO

PILATES REFORMER

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



REFORMER FLOW

Reformer Flow is structured to focus on mobility and flexibility to relieve discomfort from accumulated tension in the muscles. The class complements as cross-training for those with stiffness or tightness from sports or high-impact workouts. It improves coordination, balance and stability. All levels are welcome.

HIIT REFORMER

Low-impact, tension-under-time training to sculpt core muscles and the upper and lower body. Works on smaller muscle groups to create long and lean muscle tone. All levels are welcome.

MINDBODY STUDIO

YIN YOGA

Balance the softening of Yin and strengthening of Yang elements within your body through an invigorating practice that involves long-held asanas to relax and calm the nervous system. Promoting relaxation and healing, this class cultivates a focused, meditative mind.

YOGA THERAPY

This simple relaxing asana and breathing practice helps release tensions and stiffness from the body and mind, bringing one back to health. Through simple, slow-paced movements, this healing practice seeks to achieve total calmness. It may include pranayama, chanting, and meditation.

ALIGNMENT YOGA

A grounding and safe yoga practice, weaving intelligent alignment centre action with various breathing practices. Exploring freedom, building strength and flexibility in the body and mind. It may include pranayama, chanting, meditation, and the use of yoga props.

VINYASA 1

A more gentle version of Vinyasa flow focusing on the fluidity of breath and movement between asanas. This class includes flow, balance, strength and breathing technique. Helps relieve stress and deepen the mind body connection. It may include pranayama, chanting, meditation and other sound practices.

VINYASA 2

Vinyasa is a form of yoga in which you seamlessly move from one pose to the next. It allows fluidity of movement while improving endurance, flexibility, strength and mental focus. Our trainers will teach you how to easily transition from Vinyasa 1 to 2 by modifying your poses. Full inversions may be included in the classes. They may also feature pranayama, chanting, meditation and other sound practice.

BEGINNERS' YOGA WHEEL*

Learn how to combine a yoga wheel with your asanas. The wheel acts as the perfect prop for supporting the spine while you stretch your back, and its rolling motion also massages out the knots in the muscle. This beginners' class is ideal for those looking to increase flexibility, balance and core strength.

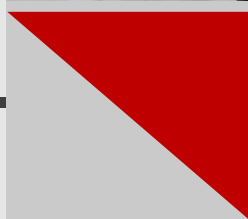
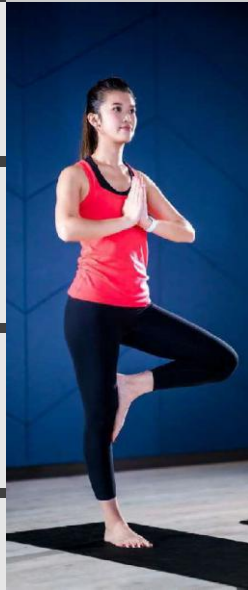
*This class is not suitable for those who are pregnant or with spinal injuries.

RELAXING STRETCH

A gentle and healing practice in a moderately heated room. Focusing on opening the body and calming the mind, this class is designed to maintain flexibility and release tension and stress from the body. It may include pranayama, chanting, and meditation.

MOBILITY FLOW

Open up your body through a full-range of motion exercises to improve joint mobility and flexibility. Release muscle tension as you move through dynamic flows that blend creative and challenging transitions, balancing and core work.



RIDE STUDIO

RPM

A group indoor cycling workout where you control the intensity. With great music pumping, go on fun, low impact ride of hill climbs, sprints and flat riding.

VALLEY RIDE

A fun, musically driven cycling experience. The music – choreographed and rhythmic – will lead you through a great workout that is different from your usual everyday workout routine.



BOXING ZONE

BOXING FIT

This 50-minute boxing conditioning circuit class integrates functional and resistance-based cardio exercises to improve overall fitness.

WESTERN BOXING

Through a combination of footwork, punching bag and pad techniques, our coach will teach you how to throw different punches and move like a fighter. Expect to work up a sweat and get in shape while having fun. All fitness levels are welcome.



MUAY THAI

This class is a great full-body workout focused on learning and developing Muay Thai fundamentals and techniques. A fun, energetic way to learn how to punch, kick, elbow and knee in a safe environment.

BOXING CONDITIONING

This high-energy workout combines strength work and cardio conditioning to have you in lean fighting shape. Featuring cardiac callisthenics, shadowboxing, bag and pad work and core strengthening, this class is a real calorie burner and great for anybody looking to increase endurance and get shredded.

PRAMA ZONE

PRAMA

A circuit-based, full-body workout combining functional training and HIIT (High Intensity Interval Training). This class incorporates music, lights, and sensors into the workout, turning traditional training into an interactive, motivational and immersive experience.



FUNCTIONAL TRAINING ZONE

FUNCTIONAL FIT

This cross-training group class consists of functional full body integrated exercises to improve strength, cardio endurance, coordination, balance and stability. Improve overall fitness and movement quality.

