

Time	Saturday(星期六) AUG 2, 9, 16, 23, 30	
09:00	TRX PILATES (YEN)	●
	PILATES REFORMER (RAUL)	●
	FUNCTIONAL FIT (JOE)	●●
	WESTERN BOXING (WIN)	●●
10:00	BEGINNERS' REFORMER INTRODUCTION (RAUL)	●
	DANCE FITNESS (JENS)	●
	REFORMER FLOW Lv2 (JILL)	●●
	MAT PILATES (YEN)	●
	KETTLE BELL TRAINING (JOE)	●
11:00	PILATES REFORMER (JENS)	●
	BODYPUMP™ (JILL)	●●
	PILATES REFORMER Lv2 (RAUL)	●●
	MUAY THAI (WIN)	●●
12:00	BEGINNERS' REFORMER INTRODUCTION (RAUL)	●
	MAT PILATES SPINE CORRECTOR (GIGI)	●
	HIIT REFORMER Lv2 (JILL)	●●
	RELAXING STRETCH (JENS)	●
	WESTERN BOXING (WIN) *Class not available on 23 Aug	●●
14:00	BEGINNERS' REFORMER INTRODUCTION (GIGI)	●
	BEGINNERS' BOXING (WIN) *Class not available on 23 Aug	●
15:00	REFORMER FLOW (GIGI)	●
	AERIAL YOGA (KP) *23 Aug Instructor: JOANNE	●
16:00	YOGA THERAPY (KP) *23 Aug Class type: STICK MOBILITY (JOANNE)	●

Time	Sunday(星期日) AUG 3, 10, 17, 24, 31	
09:00	VALLEY RIDE (LUIS) *Class available starting from 17 Aug	●●
	BODY COMBAT™ (MARK) *Class not available on 24 Aug	●●
10:00	TRX FITNESS (LUIS) *3 & 10 Aug Instructor: MARK	●
	PILATES REFORMER (JENS)	●
	MAT PILATES (MARK) *Class only available on 17 & 31 Aug	●
11:00	DANCE FITNESS (JENS)	●
	REFORMER FLOW Lv2 (JILL)	●●
	STICK MOBILITY (LUIS) *3 & 10 Aug Class type: MAT PILATES (MARK)	●
	FUNCTIONAL FIT (MARK) *Class only available on 17 & 31 Aug	●●
12:00	HIIT REFORMER Lv2 (JILL)	●●
	AERIAL YOGA (JOANNE) *Class only available on 24 Aug	●
13:00	RELAXING STRETCH (JILL) *24 Aug Instructor: JOANNE	●
14:00	BEGINNERS' REFORMER INTRODUCTION (SILVY) *17 Aug Instructor: GIGI	●
15:00	REFORMER FLOW (SILVY) *17 Aug Instructor: GIGI	●

### 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 250 will be applied



# August Group Class Schedule

(50 Minutes Per Class)  
Updated on 10 Aug 2025



Time	Mon(星期一) AUG 4, 11, 18, 25	
08:00	BODYPUMP™ (LUIS) *4 Aug Instructor: CINDY *Class not available on 11 Aug	●●
	BODY COMBAT™ (CINDY)	●●
09:00	HIIT REFORMER Lv2 (JILL)	●●
	STICK MOBILITY (LUIS) *4 Aug Instructor: WIN *Class not available on 11 Aug	●
	KETTLE BELL TRAINING (JOE)	●
10:00	BEGINNERS' REFORMER INTRODUCTION (VESTA) *18 Aug Instructor: SAM	●
	STREET JAZZ (JILL)	●
	PILATES REFORMER Lv2 (JENS)	●●
	MAT PILATES (CINDY)	●
11:00	PILATES REFORMER (JILL)	●
	ABS BUTTS AND THIGHS (JENS)	●●
	REFORMER FLOW (VESTA) *18 Aug Instructor: SAM	●
	ALIGNMENT YOGA (KP)	●
	BEGINNERS' BOXING (WIN)	●
12:00	MAT PILATES SPINE CORRECTOR (VESTA) *18 Aug Instructor: SAM	●
	PILATES REFORMER Lv2 (JENS)	●●
	RELAXING STRETCH (JILL)	●
13:00	FUNCTIONAL FIT (WIN)	●●
	REGGAETON DANCE (JENS)	●
16:00	MYOFASCIAL RELEASE YOGA (SHAN)	●
17:00	BEGINNERS' REFORMER INTRODUCTION (RAUL) *4 Aug Instructor: ARNOLD	●
	YOGA THERAPY (SHAN)	●
18:30	PILATES REFORMER (RAUL) *4 Aug Instructor: ARNOLD	●
19:30	PILATES REFORMER Lv2 (RAUL) *4 Aug Instructor: ARNOLD	●●
	WESTERN BOXING (WIN)	●●
20:30	PILATES REFORMER STRETCH (RAUL) *4 Aug Instructor: ARNOLD	●

Enquiry Hotline: 29661213 / 29661347

Time	Tuesday(星期二) AUG 5, 12, 19, 26	
08:00	FUNCTIONAL FIT (LUIS) *5 & 12 Aug Instructor: JOE	●●
09:00	TRX YOGA (JILL)	●●
	REFORMER FLOW (SILVY)	●
10:00	REFORMER FLOW (SILVY)	●
	BACHATA DANCE (SANDRA) *Class not available on 12 Aug	●
	REFORMER FLOW Lv2 (JILL)	●●
	YOGA THERAPY (KP) *19 & 26 Aug Instructor: JOANNE	●
11:00	BEGINNERS' BOXING (WIN)	●
	PILATES REFORMER (RAUL) *5 Aug Instructor: JENS	●
	TRX FITNESS (LUIS) *5 & 12 Aug Instructor: JOE	●
	HIIT REFORMER Lv2 (JILL)	●●
	YIN YANG (KP) *19 & 26 Aug Instructor: JOANNE	●
12:00	STREET JAZZ (SANDRA) *Class not available on 12 Aug	●
	PILATES REFORMER STRETCH (RAUL) *5 Aug Instructor: JENS	●
	BARRE (JILL) *19 & 26 Aug Class type: AERIAL YOGA (JOANNE)	●
15:00	WARM RELAXING STRETCH (JOANNE) *5 & 12 Aug Instructor: JILL	●
16:00	REFORMER - POSTURE RESET (JOANNE) *5 & 12 Aug Instructor: JILL	●
17:30	DANCE FITNESS (SANDRA) *Class not available on 12 Aug	●
	REFORMER FLOW (JILL)	●
18:30	LATINO FITNESS (SANDRA) *Class not available on 12 Aug	●
	HIIT REFORMER Lv2 (JILL)	●●
19:30	WESTERN BOXING (BOBBY)	●●

Time	Wednesday(星期三) AUG 6, 13, 20, 27	
08:00	REFORMER FLOW (YEN)	●
09:00	REFORMER FLOW (YEN)	●
	BODY COMBAT™ (CINDY)	●●
	PILATES REFORMER Lv2 (JENS)	●●
	BARRE (JILL)	●
10:00	REFORMER FLOW (JENS) *13 Aug Instructor: VESTA	●
	DANCE FITNESS (SANDRA) *13 Aug Instructor: JENS	●
	PILATES REFORMER STRETCH (JILL)	●
	MAT PILATES (SAM) *6 & 13 Aug Instructor: CINDY	●
	FUNCTIONAL FIT (JOE)	●●
11:00	REFORMER FLOW (SAM) *6 & 13 Aug Instructor: JILL	●
	SALSA DANCE (SANDRA) *Class not available on 13 Aug	●
	PILATES REFORMER Lv2 (JENS)	●●
	YOGALATES (VESTA)	●
	KETTLE BELL TRAINING (JOE)	●
	BODYPUMP™ (JILL)	●●
12:00	REFORMER FLOW (SAM) *6 & 13 Aug Instructor: JENS	●
	ALIGNMENT YOGA (VESTA)	●
13:00	YOGA THERAPY (VESTA)	●
16:00	REFORMER FLOW (ARNOLD) *13 Aug Instructor: SILVY	●
17:00	REFORMER FLOW (ARNOLD) *13 Aug Instructor: SILVY	●
18:30	KETTLE BELL TRAINING (JOE)	●
19:30	ATHLETIC CIRCUIT TRAINING (JOE)	●●

#### 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	Thursday(星期四) AUG 7, 14, 21, 28	
08:00	TRX FITNESS (LUIS) *7 & 14 Aug Instructor: JOE	●
09:00	TABATA (LUIS) *7 & 14 Aug Instructor: JOE	●●
	REFORMER FLOW (YEN)	●
10:00	PILATES REFORMER STRETCH (YEN)	●
	LATINO DANCE (JENS)	●
	PILATES REFORMER Lv2 (RAUL)	●●
	ALIGNMENT YOGA (SHAN)	●
11:00	FUNCTIONAL FIT (LUIS) *7 & 14 Aug Instructor: JOE	●●
	REFORMER FLOW (JENS)	●
	BODYPUMP™ (LUIS) *7 & 14 Aug Class type: ViPR TRAINING (JOE)	●●
	PILATES REFORMER Lv2 (RAUL)	●●
	RELAXING STRETCH (SHAN)	●
12:00	BEGINNERS' BOXING (WIN)	●
	STREET JAZZ (JENS)	●
	PILATES REFORMER (RAUL)	●
	MYOFASCIAL RELEASE YOGA (SHAN)	●
	MUAY THAI (WIN) *Class not available on 21 Aug	●●
17:30	BEGINNERS' REFORMER INTRODUCTION (YEN)	●
18:30	BEGINNERS' CYCLING (YEN)	●
19:30	PILATES REFORMER Lv2 (JENS)	●●
20:30	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) AUG 1, 8, 15, 22, 29	
07:00	VALLEY RIDE (LUIS) *Class available starting from 22 Aug	●●
08:00	TABATA (LUIS) *1 & 8 Aug Instructor: MARK *15 Aug Instructor: JOE	●●
09:00	BODYPUMP™ (LUIS) *1 & 8 Aug Instructor: MARK *15 Aug Class type: TRX FITNESS (JOE)	●●
10:00	REFORMER FLOW (ARNOLD) *15 Aug Instructor: JENS	●
	LATINO FITNESS (SANDRA) *Class not available on 8 Aug	●
	PILATES REFORMER Lv2 (YEN)	●●
	AERIAL YOGA (KP) *22 Aug Instructor: JOANNE	●
11:00	WESTERN BOXING (BOBBY)	●●
	BEGINNERS' REFORMER INTRODUCTION (RAUL)	●
	BACHATA ZUMBA FUSION (SANDRA) *Class not available on 8 Aug	●
	REFORMER FLOW (ARNOLD) *15 Aug Instructor: JENS	●
	YOGA WHEEL (KP) *22 Aug Instructor: JOANNE	●
12:00	BEGINNERS' BOXING (WIN)	●
	ROLLER RELEASE X STICK MOBILITY (LUIS) *1, 8 & 15 Aug Class type: STICK MOBILITY (WIN)	●
	PILATES REFORMER Lv2 (RAUL)	●●
	VINYASA GENTLE (KP) *22 Aug Instructor: JOANNE	●
13:00	REFORMER - POSTURE RESET (JOANNE) *Class only available on 22 Aug	●
16:00	BACHATA DANCE (SANDRA) *Class not available on 8 Aug	●
17:30	MYOFASCIAL RELEASE YOGA (SHAN)	●
18:30	BEGINNERS' REFORMER INTRODUCTION (SILVY) *1 Aug Instructor: JENS *29 Aug Instructor: ARNOLD	●
19:30	PILATES REFORMER (SILVY) *1 Aug Instructor: JENS *29 Aug Instructor: ARNOLD	●

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



HKJC Members' Mobile App



# September Group Class Schedule

(50 Minutes Per Class)  
Updated on 24 Aug 2025

Time	Saturday(星期六) SEP 6, 13, 20, 27	
09:00	TRX PILATES (YEN)	●
	PILATES REFORMER (RAUL)	●
	FUNCTIONAL FIT (JOE)	●●
	WESTERN BOXING (WIN)	●●
10:00	BEGINNERS' REFORMER INTRODUCTION (RAUL)	●
	DANCE FITNESS (JENS)	●
	REFORMER FLOW Lv2 (JILL) *13 Sep Instructor: GIGI	●●
	MAT PILATES (YEN)	●
	KETTLE BELL TRAINING (JOE)	●
11:00	PILATES REFORMER (JENS)	●
	BODYPUMP™ (JILL) *13 Sep Instructor: GENESIS	●●
	PILATES REFORMER Lv2 (RAUL)	●●
	MUAY THAI (WIN)	●●
12:00	BEGINNERS' REFORMER INTRODUCTION (RAUL)	●
	MAT PILATES SPINE CORRECTOR (GIGI) *20 Sep Class type: BODY COMBAT™ (GENESIS)	●●
	HIIT REFORMER Lv2 (JILL) *13 Sep Instructor: YEN	●●
	RELAXING STRETCH (JENS)	●
	WESTERN BOXING (WIN)	●●
14:00	BEGINNERS' REFORMER INTRODUCTION (GIGI)	●
	BEGINNERS' BOXING (WIN)	●
15:00	REFORMER FLOW (GIGI)	●
	AERIAL YOGA (JOANNE) *6 Sep Instructor: KP	●
16:00	STICK MOBILITY (JOANNE) *6 Sep Class type: YOGA THERAPY : KP	●

Time	Sunday(星期日) SEP 7, 14, 21, 28	
09:00	VALLEY RIDE (LUIS)	●●
	BODY COMBAT™ (MARK)	●●
10:00	TRX FITNESS (LUIS)	●
	PILATES REFORMER (JENS)	●
	MAT PILATES (MARK)	●
11:00	DANCE FITNESS (JENS)	●
	REFORMER FLOW Lv2 (JILL) *14 Sep Instructor: GIGI	●●
	STICK MOBILITY (LUIS)	●
	FUNCTIONAL FIT (MARK)	●●
12:00	HIIT REFORMER Lv2 (JILL) *14 Sep Instructor: GIGI	●●
	ROLLER RELEASE (MARK)	●
13:00	AERIAL YOGA (JOANNE) *Class only available on 14 Sep	●
14:00	BEGINNERS' REFORMER INTRODUCTION (SILVY)	●
	YOGA THERAPY (JOANNE) *Class only available on 14 Sep	●
15:00	REFORMER FLOW (SILVY)	●

- 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: 29661213 / 29661347**

Time	Monday (星期一) SEP 1, 8, 15, 22, 29	
08:00	BODYPUMP™ (LUIS)	●●
09:00	BODY COMBAT™ (CINDY)	●●
	HIIT REFORMER Lv2 (JILL) *15 Sep Instructor: RAUL	●●
	STICK MOBILITY (LUIS)	●
	KETTLE BELL TRAINING (JOE)	●
10:00	BEGINNERS' REFORMER INTRODUCTION (RAUL) *22 Sep Instructor: SAM	●
	STREET JAZZ (JILL) *15 Sep Instructor: SANDRA	●
	PILATES REFORMER Lv2 (JENS)	●●
	MAT PILATES (CINDY)	●
11:00	PILATES REFORMER (JILL) *15 Sep Instructor: SILVY	●
	ABS BUTTS AND THIGHS (JENS)	●●
	REFORMER FLOW (RAUL) *22 Sep Instructor: SAM	●
	ALIGNMENT YOGA (KP)	●
	BEGINNERS' BOXING (WIN) *29 Sep Instructor: BOBBY	●
12:00	BACHATA ZUMBA FUSION(SANDRA) *22 Sep Class type: MAT PILATES SPINE CORRECTOR (SAM)	●
	PILATES REFORMER Lv2 (JENS)	●●
	RELAXING STRETCH (JILL) *15 Sep Class type: Beginner Intro- Aerial Yoga (KP)	●
	FUNCTIONAL FIT (WIN) *Class not available on 29 Sep	●●
	REGGAETON DANCE (JENS)	●
16:00	MYOFASCIAL RELEASE YOGA (SHAN)	●
17:00	BEGINNERS' REFORMER INTRODUCTION (RAUL)	●
	YOGA THERAPY (SHAN)	●
18:30	PILATES REFORMER (RAUL)	●
19:30	PILATES REFORMER Lv2 (RAUL)	●●
	WESTERN BOXING (WIN) *Class not available on 29 Sep	●●
20:30	PILATES REFORMER STRETCH (RAUL)	●

**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	Tuesday(星期二) SEP 2, 9, 16, 23, 30	
08:00	FUNCTIONAL FIT (LUIS)	●●
09:00	TRX YOGA (JILL) *16 Sep Class type: TRX Fitness (WIN)	●●
	REFORMER FLOW (SILVY)	●
10:00	REFORMER FLOW (SILVY)	●
	BACHATA DANCE (SANDRA)	●
	REFORMER FLOW Lv2 (JILL) *Class not available on 16 Sep	●●
	YOGA THERAPY (JOANNE)	●
	BEGINNERS' BOXING (WIN) *30 Sep Instructor: BOBBY	●
11:00	PILATES REFORMER (RAUL)	●
	TRX FITNESS (LUIS)	●
	HIIT REFORMER Lv2 (JILL) *Class not available on 16 Sep	●●
	YIN YANG (JOANNE)	●
12:00	STREET JAZZ (SANDRA)	●
	PILATES REFORMER STRETCH (RAUL)	●
	AERIAL YOGA (JOANNE)	●
15:00	WARM RELAXING STRETCH (JOANNE)	●
16:00	REFORMER - POSTURE RESET (JOANNE)	●
17:30	DANCE FITNESS (SANDRA)	●
18:30	REFORMER FLOW (JILL) *Class not available on 16 Sep	●
	LATINO FITNESS (SANDRA)	●
19:30	HIIT REFORMER Lv2 (JILL) *Class not available on 16 Sep	●●
	WESTERN BOXING (BOBBY) *2 Sep Instructor: WIN	●●

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



HKJC Members' Mobile App

Time	Wednesday(星期三) SEP 3, 10, 17, 24	
08:00	REFORMER FLOW (YEN)	●
09:00	REFORMER FLOW (YEN)	●
	BODY COMBAT™ (CINDY)	●●
	PILATES REFORMER Lv2 (JENS) *17 Sep Instructor: RAUL	●●
	BARRE (JILL) *17 Sep Class type: Yoga Therapy (KP)	●
10:00	REFORMER FLOW (JENS) *17 Sep Instructor: YEN	●
	DANCE FITNESS (SANDRA)	●
	PILATES REFORMER STRETCH (JILL) *17 Sep Instructor: RAUL	●
	MAT PILATES (SAM )	●
	FUNCTIONAL FIT (JOE)	●●
11:00	REFORMER FLOW (SAM)	●
	SALSA DANCE (SANDRA)	●
	PILATES REFORMER Lv2 (JENS) *17 Sep Instructor: RAUL	●●
	YOGALATES (VESTA)	●
	KETTLE BELL TRAINING (JOE)	●
12:00	BODYPUMP™ (JILL) *Class not available on 17 Sep	●●
	REFORMER FLOW (SAM)	●
	ALIGNMENT YOGA (VESTA)	●
13:00	YOGA THERAPY (VESTA)	●
16:00	REFORMER FLOW (ARNOLD)	●
17:00	REFORMER FLOW (ARNOLD)	●
18:30	KETTLE BELL TRAINING (JOE)	●
19:30	ATHLETIC CIRCUIT TRAINING (JOE)	●●

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	Thursday(星期四) SEP 4, 11, 18, 25	
08:00	TRX FITNESS (LUIS)	●
09:00	TABATA (LUIS)	●●
	REFORMER FLOW (YEN)	●
10:00	PILATES REFORMER STRETCH (YEN)	●
	LATINO DANCE (JENS) *18 Sep Instructor: SANDRA	●
	PILATES REFORMER Lv2 (RAUL) *25 Sep Instructor: SILVY	●●
	ALIGNMENT YOGA (SHAN)	●
	FUNCTIONAL FIT (LUIS)	●●
11:00	REFORMER FLOW (JENS) *18 Sep Instructor: YEN	●
	BODYPUMP™ (LUIS)	●●
	PILATES REFORMER Lv2 (RAUL) *25 Sep Instructor: SILVY	●●
	RELAXING STRETCH (SHAN)	●
	BEGINNERS' BOXING (WIN)	●
12:00	STREET JAZZ (JENS) *18 Sep Instructor: SANDRA	●
	PILATES REFORMER (RAUL) *25 Sep Instructor: SILVY	●
	MYOFASCIAL RELEASE YOGA (SHAN)	●
	MUAY THAI (WIN)	●●
17:30	BEGINNERS' REFORMER INTRODUCTION (YEN)	●
18:30	BEGINNERS' CYCLING (YEN)	●
19:30	PILATES REFORMER Lv2 (JENS) *Class not available on 18 Sep	●●
20:30	PILATES REFORMER Lv2 (JENS) *Class not available on 18 Sep	●●

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) SEP 5, 12, 19, 26	
07:00	VALLEY RIDE (LUIS)	●●
08:00	TABATA (LUIS)	●●
09:00	BODYPUMP™ (LUIS)	●●
10:00	REFORMER FLOW (ARNOLD) *12 Sep Instructor: JENS	●
	LATINO FITNESS (SANDRA)	●
	PILATES REFORMER Lv2 (YEN)	●●
	AERIAL YOGA (JOANNE)	●
11:00	WESTERN BOXING (BOBBY) *5 Sep Instructor: WIN	●●
	BEGINNERS' REFORMER INTRODUCTION (RAUL)	●
	BACHATA ZUMBA FUSION (SANDRA)	●
	REFORMER FLOW (ARNOLD) *12 Sep Instructor: JENS	●
12:00	YOGA WHEEL (JOANNE)	●
	BEGINNERS' BOXING (WIN)	●
	ROLLER RELEASE X STICK MOBILITY (LUIS)	●
13:00	PILATES REFORMER Lv2 (RAUL)	●●
	VINYASA GENTLE (JOANNE)	●
16:00	REFORMER - POSTURE RESET (JOANNE)	●
17:30	BACHATA DANCE (SANDRA)	●
18:30	MYOFASCIAL RELEASE YOGA (SHAN)	●
19:30	BEGINNERS' REFORMER INTRODUCTION (SILVY)	●
	PILATES REFORMER (SILVY)	●



## 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.

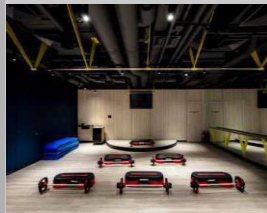


#### VALLEY SALSA

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 cardio 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.

