

GROUP CLASS UPDATES

1
APR

🕒 09.45 - 10.45

- **HIPS LOWER BACK PILATES**

Class changed to Astanga yoga by coach Tea

4
APR

🕒 17.00 - 18.00

- **POWER YOGA FOR BEGINNER**

CANCELLED

8
APR

🕒 09.30-10.30

- **WOMEN'S STRETCHING CLASS**

Time changed to 15.00-16.00

10
APR

🕒 08.30-10.00

- **TENNIS MATCHPLAY**

Class changed to Tennis Songkran's Cup



Group Class

WhatsApp

GROUP CLASS UPDATES

12
APR

🕒 08.00 - 09.00

- **OPEN WATER SWIM AT THE POOL**

Class changed to Songkran's Tri-series by coach Madhu at 08.00 - 09.30

15
APR

🕒 09.30 - 10.30

- **WOMEN'S STRETCHING CLASS**

Change time to be 15.00 - 16.00

