

OCTOBER GROUP CLASSES

MON	08:00 - 09:00 TRI SWIMMING 🏊 COACH : MADHU 📍 25M POOL	08:30 - 09:30 YIN YOGA 🧘 COACH : SAMIK 📍 WELLNESS STUDIO 2	08:30 - 09:30 ZUMBA 🧘 COACH : OH 📍 FITNESS STUDIO 2	08:30 - 10:00 TENNIS ADULT CLINIC (NTRP LV. 2.5-5.0) 🎾 TENNIS COACH 📍 COURT 1, 2, 3, 4 FEES APPLY	09:45 - 10:45 CORE CARDIO 🏃 COACH : JAY 📍 FITNESS CORNER	11:00 - 12:00 STRETCHING YOGA 🧘 COACH : SAMIK 📍 FITNESS STUDIO 1	16:00 - 17:00 CORE YOGA 🧘 COACH : SAMIK 📍 WELLNESS STUDIO 2	17:00 - 18:00 AERO BOXING 🥊 COACH : BOY 📍 FITNESS STUDIO 2	17:00 - 18:00 TENNIS CARDIO (ALL LEVELS) 🎾 TENNIS COACH 📍 COURT 1				
TUE	07:30 - 10:00 BRICK, BIKE 40/50KM & RUN 3/5KM AT 5K LOOP 🏊 TRI COACH 📍 CLUB SERVICE	08:30 - 09:30 MAT PILATES FOR BEGINNER 🧘 COACH : EARN 📍 WELLNESS STUDIO 2	08:30 - 09:30 FUNCTIONAL MOVEMENT 🧘 COACH : STEFAN 📍 FITNESS YARD	09:00 - 10:00 MASTER SWIM 🏊 COACH : JACK 📍 SWIMMING POOL FEES APPLY	08:30 - 10:00 TENNIS ADULT CLINIC (NTRP LV. 2.5-5.0) 🎾 TENNIS COACH 📍 COURT 1, 2, 3, 4 FEES APPLY	11:00 - 12:00 MUAY THAI 🥊 COACH : OAD 📍 MUAY THAI STADIUM	16:00 - 17:00 TRADITIONAL HATHA YOGA 🧘 COACH : JAY 📍 WELLNESS STUDIO 2	17:00 - 18:00 STRENGTH HIIT 🏋️ COACH : A 📍 X - TREME BOX	17:00 - 18:00 TENNIS DRILL (NTRP LV. 1.5-4.0) 🎾 TENNIS COACH 📍 COURT 1 FEES APPLY	18:00 - 20:00 TENNIS PERFORMANCE (ADV ONLY) 🎾 TENNIS COACH 📍 COURT 1, 2 FEES APPLY			
WED	07:30 - 09:00 TRACK INTERVAL 🏊 COACH : FHAT 📍 RUNNING TRACK	08:00 - 09:00 MASTER SWIM 🏊 AQUATIC COACH 📍 SWIMMING POOL	08:30 - 09:30 MAT PILATES FOR INTERMEDIATE 🧘 COACH : EARN 📍 WELLNESS STUDIO 2	09:30 - 10:30 FLEXIBILITY IN MOTION 🧘 COACH : ANASTASIA 📍 FITNESS STUDIO 1 FEES APPLY	08:30 - 10:00 TENNIS ADULT CLINIC (NTRP LV. 2.5-5.0) 🎾 TENNIS COACH 📍 COURT 1, 2, 3, 4 FEES APPLY	08:30 - 09:30 ZUMBA 🧘 COACH : JAN 📍 FITNESS STUDIO 2	09:45 - 10:45 SPINNING 🏋️ COACH : A 📍 SPINNING STUDIO	10:00 - 11:00 TENNIS START UP (NTRP LV. 1.0-2.0) 🎾 TENNIS COACH 📍 COURT 2 FEES APPLY	17:00 - 18:00 TRX & WEIGHT TRAINING 🧘 COACH : JAY 📍 X - TREME BOX	17:00 - 18:00 RUN CLUB INTERVAL TRAINING 🏊 COACH : FHAT 📍 RUNNING TRACK	18:00 - 19:00 FOOTBALL MATCH PLAY (REC) 🏈 📍 FOOTBALL PITCH		
THU	07:30 - 10:00 BIKE TIME TRIAL 30/50KM 🏊 TRI COACH 📍 CLUB SERVICE	08:30 - 09:30 FUNCTIONAL MOVEMENT 🧘 COACH : STEFAN 📍 FITNESS YARD	08:30 - 09:30 CORE YOGA 🧘 COACH : SAMIK 📍 WELL NESS STUDIO 2	08:30 - 10:00 TENNIS ADULT (NTRP LV. 2.5-5.0) 🎾 TENNIS COACH 📍 COURT 1, 2, 3, 4 FEES APPLY	09:00 - 10:00 MASTER SWIM 🏊 COACH : JACK 📍 SWIMMING POOL FEES APPLY	09:45 - 10:45 BODY BLAST 🏋️ COACH: A 📍 X-TREME BOX	10:00 - 11:00 TENNIS START UP (NTRP LV. 1.0-2.0) 🎾 TENNIS COACH 📍 COURT 2 FEES APPLY	11:00 - 12:00 STRETCHING YOGA 🧘 COACH : SAMIK 📍 FITNESS STUDIO 1	16:00 - 17:00 RECOVERY RUN & DRILL 🏊 COACH : MADHU 📍 RUNNING TRACK	16:00 - 17:00 POWER YOGA (BEGINNER) 🧘 COACH : SAMIK 📍 WELLNESS STUDIO 2	17:00 - 18:00 SPINNING 🏋️ COACH : A 📍 SPINNING STUDIO		
FRI	07:00 - 08:00 SUNRISE YOGA (ONLY ON 29 OCT) 🧘 COACH : SAMIK 📍 FITNESS LAWN	07:00 - 08:00 RUN CLUB 🏊 TRIATHLON COACH 📍 RUNNING TRACK	08:00 - 09:00 TRI SWIMMING 🏊 COACH : MADHU 📍 50M POOL	08:30 - 09:30 FLOW YOGA 🧘 COACH : SAMIK 📍 WELLNESS STUDIO 2	08:30 - 09:30 AERIAL YOGA 🧘 COACH : TEA 📍 WELLNESS STUDIO 1	08:30 - 10:00 TENNIS MATCH PLAY (NTRP LV. 2.5-5.0) 🎾 TENNIS COACH 📍 COURT 1, 2, 3, 4 FEES APPLY	09:30 - 11:00 RECOVERY RIDE 20/40 KM 🏊 COACH : FHAT 📍 CLUB SERVICE	09:45 - 10:45 SPINNING 🏋️ COACH : A 📍 SPINNING STUDIO	09:45 - 10:45 BLOCK YOGA 🧘 COACH : SAMIK 📍 WELLNESS STUDIO 2	11:00 - 12:00 MUAY THAI 🥊 COACH : OAD 📍 MUAY THAI STADIUM	16:00 - 17:00 YOGA BURN 🧘 COACH : SAMIK 📍 WELLNESS STUDIO 2	17:00 - 18:00 STRENGTH HIIT 🏋️ COACH : A 📍 X - TREME BOX	17:00 - 18:00 TENNIS CARDIO (ALL LEVELS) 🎾 TENNIS COACH 📍 COURT 1
SAT	07:30 - 12:00 LONG BIKE RIDE 110 KM (ADV & EXP) 🏊 TRI COACH 📍 CLUB SERVICE	08:15 - 09:15 ANANDA YOGA 🧘 COACH : SAMIK 📍 WELLNESS STUDIO 2	09:00 - 10:00 TENNIS START UP (NTRP LV. 1.0-2.0) 🎾 TENNIS COACH 📍 COURT 2 FEES APPLY	09:30 - 10:30 AEROBIC 🏃 COACH : JANE 📍 FITNESS YARD	11:00 - 12:00 STRETCHING YOGA 🧘 COACH : SAMIK 📍 FITNESS STUDIO 1	13:30 - 14:30 TENNIS DRILL (NTRP LV. 1.5-4.0) 🎾 TENNIS COACH 📍 COURT 1 FEES APPLY	15:00 - 16:00 BASIC BIKE MAINTENANCE & REPAIR 🏊 COACH : AROFHAT 📍 BIKE CENTER FEES APPLY	15:30 - 16:30 MASTER SWIM 🏊 COACH : JACK 📍 50 M POOL FEES APPLY	16:00 - 17:00 SPINNING 🏋️ COACH : A 📍 SPINNING STUDIO	17:00 - 18:00 POWER YOGA (BEGINNER) 🧘 COACH : SAMIK 📍 WELLNESS STUDIO 2			
SUN	08:00 - 09:00 OPEN WATER SWIM AT THE POOL 🏊 COACH : MADHU 📍 50M POOL	08:00-09:30 TRI SERIES (ONLY ON 25 OCT) 🏊 COACH : MADHU 📍 50M POOL	08:00 - 09:00 SWIMMING YOGA 🧘 COACH : SAMIK 📍 HOTEL POOL	08:30 - 10:00 TENNIS SOCIAL MATCH PLAY (NTRP LV. 2.5-3.0) 🎾 TENNIS COACH 📍 COURT 1, 2, 3, 4	09:30 - 10:30 TRADITIONAL HATHA YOGA 🧘 COACH : JAY 📍 WELLNESS STUDIO 2	10:00 - 11:30 TENNIS SOCIAL MATCH PLAY (NTRP LV. 3.5-5.0) 🎾 TENNIS COACH 📍 COURT 1, 2, 3, 4	11:00 - 12:00 POWER YOGA (NOT FOR BEGINNER) 🧘 COACH : SAMIK 📍 WELLNESS STUDIO 2	16:00 - 17:00 BOOT CAMP 🏋️ COACH : JAY 📍 X - TREME BOX	17:00 - 18:00 TRADITIONAL MEDITATION 🧘 COACH : SAMIK 📍 WELLNESS STUDIO 2				

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TERMS

- NOT ALLOWED FOR THOSE UNDER 15 YEARS OLD
- ADVANCE RESERVATION IS REQUIRED