

TRUE FITNESS - GWC
Group Exercise Schedule November 2011

STUDIO 1	MON	TUES	WED	THURS	FRI	SAT	SUN
7:30-8:30AM	Dynamic Yoga Martin		Circuit Training Martin	LES MILLS BODYCOMBAT Melvyn	Power Yoga Martin		
8:30-9:30AM	LES MILLS BODYCOMBAT Melvyn	Step I Martin	LES MILLS BODYCOMBAT Li Hua	LES MILLS BODYPUMP Joeson	LES MILLS BODYJAM James		
9:00-10:00AM						Circuit Training Martin	
9:30-10:30AM	LES MILLS BODYPUMP LiHua	ZUMBA Serena	TBT Li Hua	Step II Joeson	Cardio Shape James		
10:00-11:00AM						Cardio Shape Martin	
10:30-11:30AM	Dance Party Candy	TRUE BODY TONE Martin	LES MILLS BODYBALANCE Martin	ZUMBA Rhomeiny	Flex Martin		
11:00-12:00pm						Step II Martin	Step II Jonathan
11:30-12:30PM	PILATES May	Yoga Eleen Yaw	LES MILLS DANCE Calvin	Dance Party Calvin	Street Grooves Erich		
12:00-1:00PM						LES MILLS BODYJAM Azmy	LES MILLS BODYPUMP Wei Li
12:30-1:30PM	Yoga May	Yoga Eleen Yaw	PILATES Amanda	Jazz Calvin	Yoga Ganesh		
1:00-2:00PM						LES MILLS BODYBALANCE Martin	Yoga Amanda
2:00-3:00PM						LES MILLS BODYPUMP Joeson	PILATES Amanda
3:00-4:00PM						LES MILLS BODYCOMBAT Joeson	
4:00-5:00PM						Dynamic Yoga Amanda	
5:00-6:00PM						Gentle Yoga Amanda	
5:30-6:30PM				TRUE BODY TONE Martin	TRUE BODY TONE Martin		
6:30-7:30PM	LES MILLS BODYJAM Angie	LES MILLS BODYPUMP Sophia	LES MILLS BODYCOMBAT Ben	Step II Martin	LES MILLS BODYPUMP Ram		
7:30-8:30PM	LES MILLS BODYSTEP Angie	LES MILLS BODYCOMBAT Sophia	TRUE BODY TONE Martin	Yoga II Pearlie	LES MILLS BODYCOMBAT Jo		
8:30-9:30PM	PILATES Amanda		Yoga Flow Amanda				
Indoor Cycling Experience							
7:30-8:30AM		INDOOR CYCLING EXPERIENCE Martin (II)					
8:30-9:30AM	INDOOR CYCLING EXPERIENCE Martin (II)		INDOOR CYCLING EXPERIENCE Martin (II)		INDOOR CYCLING EXPERIENCE INTERVAL Martin		
9:30-10:30AM	INDOOR CYCLING EXPERIENCE Martin (II)	INDOOR CYCLING EXPERIENCE Martin (II)	INDOOR CYCLING EXPERIENCE Martin (II)		INDOOR CYCLING EXPERIENCE INTERVAL Martin		
10:00-11:00AM	adidas ZONE CYCLING Martin						INDOOR CYCLING EXPERIENCE Gabriel (II)
11:00-12:00PM		10.30am to 11.30am				INDOOR CYCLING EXPERIENCE Amy Chow (I)@	
12:00-1:00PM						INDOOR CYCLING EXPERIENCE Martin (III)	
12:30-1:30PM		INDOOR CYCLING EXPERIENCE Martin (II)					
6:30-7:30PM			INDOOR CYCLING EXPERIENCE MAMBO Martin				
7:30-8:30PM			INDOOR CYCLING EXPERIENCE Ben (I)	INDOOR CYCLING EXPERIENCE Martin (II)	INDOOR CYCLING EXPERIENCE Ram (II)		

TRUE FITNESS - VVO

Group Exercise Schedule November 2011

STUDIO 1	MON	TUES	WED	THURS	FRI	SAT	SUN
7:15-8:15AM		PILATES DYNAMIC Melvyn	<i>Sivanada-B</i> Munish		<i>Yoga</i> Melvyn		
11:00-12:00pm						LES MILLS BODYPUMP Ben	LES MILLS BODYPUMP Rozanne
11:30-12:30PM							
12:00-1:00PM						LES MILLS BODYCOMBAT Ben	LES MILLS BODYCOMBAT Rozanne
12:15-1:15PM	<i>Yoga</i> Wenda	<i>Cardio Shape</i> Jenni	<i>Ashtanga Yoga</i> Munish	BOLLYWOOD Prince	LES MILLS BODYCOMBAT Fabian		
1:00-2:00PM						<i>Yoga</i> Ganesh	<i>Hatha Yoga 1</i> Rozanne
2:00-3:00PM						<i>Yoga II</i> Ganesh	PILATES Rozanne
2:45-3:45PM							
6:30-7:30PM	LES MILLS BODYPUMP Elaine	LES MILLS BODYSTEP Joeson	LES MILLS BODYPUMP Joeson	LES MILLS BODYCOMBAT Joeson	LES MILLS BODYSTEP Kel		
7:30-8:30PM	LES MILLS BODYCOMBAT Elaine	LES MILLS BODYPUMP Joeson	LES MILLS BODYCOMBAT Joeson	<i>Yoga</i> Jean	LES MILLS BODYBALANCE Kel		
8:30-9:30PM	LES MILLS BODYBALANCE Grace	LES MILLS BODYBALANCE Joeson	MUAY THAI Melvyn	LES MILLS BODY JAM Lee Tong	<i>Cardio Dance</i> Jerry		
Indoor Cycling Experience							
12:00-1:00PM						INDOOR CYCLING EXPERIENCE Gabriel (II)	
12:15-1:15PM			INDOOR CYCLING EXPERIENCE Martin(II)		INDOOR CYCLING EXPERIENCE INTERVAL Martin		
12:30-1:30PM							INDOOR CYCLING EXPERIENCE Vincent (II)
6:30-7:30PM		INDOOR CYCLING EXPERIENCE Martin(II)					
7:30-8:30PM	INDOOR CYCLING EXPERIENCE Amy Chow (II)	INDOOR CYCLING EXPERIENCE Martin(II)	INDOOR CYCLING EXPERIENCE Gabriel (II)	INDOOR CYCLING EXPERIENCE Joeson (II)			

TRUE FITNESS - STC							
Group Exercise Schedule November 2011							
STUDIO 1	MON	TUES	WED	THURS	FRI	SAT	SUN
7:15-8:15AM		LES MILLS BODYCOMBAT Fabian					
11:30-12:30PM						LES MILLS BODYCOMBAT Zhengjie	
12:30-1:30PM	PILATES Amanda	LES MILLS BODYCOMBAT Thomas	ZUMBA Azmy	LES MILLS BODYPUMP Thomas		LES MILLS BODYCOMBAT Step II Clement	
1:30-2:30PM						LES MILLS BODYPUMP Eric	LES MILLS BODYSTEP Kel
2:30-3:30PM						LES MILLS BODYCOMBAT Eric	LES MILLS BODYPUMP Jo
3:30-4:30PM						LES MILLS BODY JAM Angie	LES MILLS BODYCOMBAT Jo
5:45-6:30PM	LES MILLS BODYPUMP Ram						
6:30-7:30PM	LES MILLS BODYSTEP Jean	LES MILLS BODYPUMP Li Hua	ZUMBA Rhomeiny	LES MILLS BODY JAM Celina	LES MILLS BODYCOMBAT Fabian		
7:30-8:30PM	<i>Bootilicious</i> Calvin	LES MILLS BODYCOMBAT Li Hua	<i>Step II</i> Jonathan	<i>Sculpt/Abs</i> Daniel	LES MILLS BODYPUMP Vivi		
8:30-9:30PM	PILATES Daniel		<i>TBT</i> Jonathan	<i>Fusion Dance</i> Prince			
7:15-8:15AM	<i>Power Yoga</i> Yogi				<i>Core Yoga</i> Ganesh		
9:30-10:30AM						<i>Hot Yoga</i> Rozanne	
10:30-11:30AM						PILATES Rozanne	<i>Sivananda- B</i> Munish
11:30-12:30PM				<i>Hot Yoga</i> Ganesh		<i>Yoga Stretch</i> Yogi	<i>Power Yoga</i> Munish
12:00-12:45PM		<i>Core Yoga</i> Ganesh	<i>Hot Yoga I</i> Yogi		<i>Therapy Yoga</i> Munish		
12:30-1:30PM				<i>Yoga II</i> Ganesh		<i>Hot Yoga</i> Yogi	
12:45-1:30PM		<i>Yoga Flow</i> Ganesh	<i>Hot Yoga</i> Yogi		<i>Power Yoga</i> Munish		
1:30-2:30PM						<i>Hatha Yoga</i> Yogi	
6:30-7:30PM	<i>Power Yoga</i> Yogi	<i>Gentle Flow</i> Ganesh	<i>Hatha Yoga- B</i> Munish	LES MILLS BODYBALANCE Tracey	<i>Gentle Flow</i> Amanda©		
7:30-8:30PM	<i>Hot Yoga</i> Yogi	<i>Hot Flow</i> Ganesh	<i>Hot Yoga</i> Munish	BOLLYWOOD Prince	<i>Yoga Flow</i> Amanda©		
KB STUDIO							
7:00-8:00PM				MUAY THAI Ridtz			
Indoor Cycling Experience							
12:00-12:45PM	INDOOR CYCLING EXPERIENCE Martin(II)	INDOOR CYCLING EXPERIENCE Barry (II)	INDOOR CYCLING EXPERIENCE Joeson(II)				
12:45-1:30PM	INDOOR CYCLING EXPERIENCE Martin(II)	INDOOR CYCLING EXPERIENCE Barry (II)	INDOOR CYCLING EXPERIENCE Joeson(II)				
12:30-1:30PM					INDOOR CYCLING EXPERIENCE Roxanne Gan		
2:30-3:30pm						INDOOR CYCLING EXPERIENCE Vincent(II)	
6:30-7:30PM	INDOOR CYCLING EXPERIENCE Ram(I)	INDOOR CYCLING EXPERIENCE Ram(I)					
7:30-8:30PM	INDOOR CYCLING EXPERIENCE Joeson(II)	INDOOR CYCLING EXPERIENCE Ram(I)	INDOOR CYCLING EXPERIENCE Vincent(II)	INDOOR CYCLING EXPERIENCE Gabriel(I)			

TRUE FITNESS - PPW
Group Exercise Schedule November 2011

STUDIO 1	MON	TUES	WED	THURS	FRI	SAT	SUN
8:30-9:30AM	Multi Step Rhomeiny	Multi-Step Joeson	LES MILLS BODYPUMP Rozanne	Step II Martin	Step II Thomas		
9:30-10:30AM	ZUMEA Rhomeiny	Pilates Ball Amanda	ZUMEA Rozanne	LES MILLS BODYPUMP Derick P	Muscle Mania Thomas	ZUMEA Matthew	
10:30-11:30AM	LES MILLS BODYPUMP Elaine	PILATES Amanda	Combat Yoga Rozanne	LES MILLS BODYCOMBAT Hui Fang	LES MILLS BODYJAM Lee Tong	LES MILLS BODYPUMP Ram	LES MILLS BODYSTEP Joeson
11:30-12:30PM	LES MILLS BODYCOMBAT Elaine	Street Funk Candy	Yoga Ball May ©			Step II Matthew	LES MILLS BODYPUMP Joeson
12:30-1:30PM							LES MILLS BODYCOMBAT Joeson
1:30-2:30PM						LES MILLS BODYCOMBAT Zhengjie	
2:30-3:30PM						咏春 Sifu Chua	
5:30-6:30PM		Bhangrabolicz Zubaidah	ZUMEA Matthew				
6:30-7:30PM	Step I Martin	LES MILLS BODYATTACK Rozanne	LES MILLS BODYPUMP Rozanne	Step II Jonathan	LES MILLS BODYPUMP Sophia		
7:30-8:30PM	LES MILLS BODYPUMP Kel	ZUMEA Rozanne	LES MILLS BODYCOMBAT Rozanne	MTV Kaboom Candy	LES MILLS BODYCOMBAT Sophia		
8:30-9:30PM			Pilates Ball Rozanne		NEW CLASS		
Yoga							
8:30-9:30AM		Core Yoga Amanda ©	Beginner Dance Prince	PILATES Amanda			
9:30-10:30AM	Power Yoga Munish	Yoga II Rozanne	BOLLYWOOD Prince	Yogalates Yogi	Power Yoga Yogi	Hot Yoga II Ganesh	
10:30-11:30AM	Hatha Yoga - M Munish	Yoga I Rozanne	PILATES TBT May ©	Flex Martin	Hot Yoga Yogi	Hot Yoga I Ganesh	
11:30-12:30PM	Yoga Therapy Yogi			Hatha II Yogi		Bhangrabolicz Zubaidah	
12:30-1:30PM	Yoga Yogi		Yoga May ©				
1:30-2:30PM							Yoga I Christine
5:30-6:30PM	Hot Yoga Ganesh	PILATES Rozanne		Hot Yoga Ganesh	Yoga Rozanne		
6:30-7:30PM	Power Yoga Ganesh	Yoga Stretch Yogi	Power Yoga Yogi	Hot Yoga I Ganesh	PILATES Rozanne		
7:30-8:30PM	Core Yoga Jia Ling ©	Hatha Yoga Yogi	Yoga I Yogi				
Indoor Cycling Experience							
7:30-8:30AM				INDOOR CYCLING EXPERIENCE Martin(III)			
9:30-10:30AM	INDOOR CYCLING EXPERIENCE Joeson (III)	INDOOR CYCLING EXPERIENCE Joeson(II)	INDOOR CYCLING EXPERIENCE Gideon(II)	INDOOR CYCLING EXPERIENCE Martin(II)		INDOOR CYCLING EXPERIENCE Ram(II)	
11:30-12:30PM						INDOOR CYCLING EXPERIENCE Ram(II)	
2:30-3:30PM							INDOOR CYCLING EXPERIENCE Vincent(II)
7:30-8:30PM	INDOOR CYCLING EXPERIENCE Martin(II)	INDOOR CYCLING EXPERIENCE Gabriel(II)	INDOOR CYCLING EXPERIENCE Julian(I)	INDOOR CYCLING EXPERIENCE Eric II			

TRUE FITNESS - CSQ
Group Exercise Schedule November 2011

STUDIO 1	MON	TUES	WED	THURS	FRI	SAT	SUN
7:30-8:30AM	Power Yoga Munish		PILATES Sarah	LES MILLS BODYCOMBAT Jo			
10:45-11:45AM							Step III Jeremy
11:30-12:30PM						LES MILLS BODYPUMP Rhomeiny	
12:00-1:00PM							LES MILLS BODYPUMP Jean
12:15-1:15PM	LES MILLS BODYCOMBAT Fabian	Hatha Yoga Munish	LES MILLS BODYPUMP Lihua		T.B.T Lihua		
12:30-1:30PM				Step I Matthew			
1:00-2:00PM							LES MILLS BODYCOMBAT Jean
1:30-2:30PM						Multi-Step Jeremy	
2:30-3:30PM						ZUMBA Rhomeiny	
3:30-4:30PM						Dynamic Yoga Yogi	
4:30-5:30PM						LES MILLS BODYCOMBAT Melvyn	
6:30-7:30PM	LES MILLS BODYCOMBAT Rozanne	LES MILLS BODYCOMBAT Ben	LES MILLS BODYPUMP Christina	ZUMBA Siew Siew	LES MILLS BODYSTEP Jean		
7:30-8:30PM	LES MILLS BODYATTACK Rozanne	LES MILLS BODYPUMP Ben	LES MILLS BODYCOMBAT Wei Li	LES MILLS BODYPUMP Ram	Hatha Yoga Munish		
8:30-9:30PM	LES MILLS BODYCOMBAT Zheng Jie	ZUMBA Michelle	Yoga Ganesh		Hot Yoga Munish		
8:45-9:40PM				Yoga 1 Amanda©			
Indoor Cycling Experience							
10:30-11:30AM						INDOOR CYCLING EXPERIENCE Rhomeiny(II)	INDOOR CYCLING EXPERIENCE Vincent (II)
12:15-1:15PM		INDOOR CYCLING EXPERIENCE Rhomeiny(II)	INDOOR CYCLING EXPERIENCE Rhomeiny(II)				NEW CLASS
12:30-1:30PM						INDOOR CYCLING EXPERIENCE Rhomeiny(II)	
6:30-7:30PM		INDOOR CYCLING EXPERIENCE Amy(II)		INDOOR CYCLING EXPERIENCE Ram(II)	INDOOR CYCLING EXPERIENCE Ben (II)		
7:30-8:30PM	INDOOR CYCLING EXPERIENCE Vincent(i)						

TRUE FITNESS - CHV
Group Exercise Schedule November 2011

STUDIO 1	MON	TUES	WED	THURS	FRI	SAT	SUN
7:15-8:15AM		LES MILLS BODYCOMBAT Vivi	Power Yoga Ganesh				
11:00-12:00PM						LES MILLS BODYBALANCE Joelson	
12:00-1:00PM						LES MILLS BODYSTEP Darren	
12:15-1:15PM					PILATES Melvyn		
12:30-1:30PM	LES MILLS BODYCOMBAT Thomas	LES MILLS BODYPUMP Lihua	Fusion Dance Prince	Hot Yoga Christine			Hatha Yoga Wenda ©
1:00-2:00PM						LES MILLS BODYPUMP Serena	
1:40-2:40PM							ZUMBA Wenda ©
2:00-3:00PM						LES MILLS BODYJAM Erich	
6:30-7:30PM	LES MILLS BODYCOMBAT Weili	ZUMBA Serena	LES MILLS BODYPUMP Eric	LES MILLS BODYCOMBAT Sophia	LES MILLS BODYPUMP Rhomeiny		
7:30-8:30PM	Step II Christopher	Step II Matthew	LES MILLS BODYCOMBAT Eric	LES MILLS BODYATTACK Michelle	Step II Rhomeiny		
8:30-9:30PM				Cardio Dance Jerry			
8:40-9:40PM	Hot Yoga Melly						
Yoga							
07:15-08:15AM			Power Yoga Ganesh				
12:00-1:00PM						LES MILLS BODYJAM Lee Tong	
12:15-1:15PM	Hatha Yoga Ganesh	Yoga Yvonne	Core Yoga Ganesh		ZUMBA Azmy		
1:00-2:00PM						Power Yoga Amanda©	
2:00-3:00PM						Yoga Amanda©	
6:30-7:30PM	Hatha Yoga Munish	Power Yoga Munish	T.B.T Sun	Yoga I Amanda©	PILATES Melvyn		
7:30-8:30PM	PILATES Amy Seow	Sivananda- B Munish	LES MILLS BODYBALANCE Sun				
7:30-8:25PM				Yoga II Amanda©			
Indoor Cycling Experience							
7:15-8:15AM			INDOOR CYCLING EXPERIENCE Gabriel(II)				
12:30-1:30PM	INDOOR CYCLING EXPERIENCE Ben (III)	INDOOR CYCLING EXPERIENCE Jonathan(II)	INDOOR CYCLING EXPERIENCE Sun(II)	INDOOR CYCLING EXPERIENCE Roxanne (III)	INDOOR CYCLING EXPERIENCE Barry(II)		INDOOR CYCLING EXPERIENCE Eric (II)
2:00-3:00PM						INDOOR CYCLING EXPERIENCE Rox (II)	
6:30-7:30PM	INDOOR CYCLING EXPERIENCE Sandy(II)		INDOOR CYCLING EXPERIENCE Ram(I)				
7:00-8:00PM		INDOOR CYCLING EXPERIENCE Lynn(I)		INDOOR CYCLING EXPERIENCE Roxanne Gan			
7:30-8:30pm			INDOOR CYCLING EXPERIENCE Ram(II)		INDOOR CYCLING EXPERIENCE Vincent (II)		