

# V Club Winter 2010 Schedule

Schedule effective from 05 July 2010 All class bookings must be made on T8088 8800

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
6.45 - 7.30	Cycle*	Mountain	6.15 - 7.15	Power Yoga	Firefly	6.45 - 7.30	Cycle*	Mountain	6.30 - 7.30	Hot Yoga	Firefly	6.30 - 7.15	Cycle*	Mountain	8.30 - 9.30	Power Yoga	Firefly
7.15 - 8.00	Power Yoga	Firefly	6.45 - 7.30	Cycle*	Mountain	6.45 - 7.30	Reformer*	Reformer	7.00 - 8.00	BodyPump™	Warrior	7.15 - 8.15	Power Yoga	Firefly	9.00 - 9.45	Cycle*	Mountain
12.15 - 1.05	Power Yoga	Firefly	7.00 - 8.00	Fight Fit	Warrior	7.15 - 8.00	Hatha Yoga	Firefly	7.00 - 8.00	Tai Chi	Hero	12.15 - 1.05	Hip Hop	Hero	10.00 - 11.00	BodyPump™	Warrior
12.15 - 1.00	BodyPump™	Warrior	7.00 - 8.00	Tai Chi	Hero	12.15 - 1.05	ZUMBA®	Hero	12.15 - 1.00	Power Yoga	Firefly	12.15 - 1.00	Hatha Yoga	Firefly	10.00 - 11.30	Power Yoga	Firefly
1.00 - 1.45	Reformer*	Reformer	12.15 - 1.00	ZUMBA® - Rhythms	Hero	12.15 - 1.05	Hot Hatha	Firefly	12.15 - 1.00	BodyJam™	Hero	12.15 - 1.05	BodyPump	Warrior	11.00 - 11.55	Pilates Mat	Warrior
1.10 - 2.00	Pre-Natal Yoga	Cobra	12.15 - 1.05	Yin Yoga	Warrior	12.15 - 1.00	Pilates Mat	Warrior	12.30 - 1.15	Cycle*	Mountain	1.15 - 2.00	Yin Yoga	Warrior	12.00 - 12.50	Reformer*	Reformer
1.10 - 1.40	Cardio Circuit	Boxing Ring	12.15 - 1.00	Reformer*	Reformer	1.05 - 1.55	Reformer*	Reformer	1.00 - 1.50	Reformer* (I)	Reformer				1.00 - 2.00	Hatha Yoga (B)	Warrior
			1.00 - 1.45	Reformer*	Reformer	1.10 - 1.40	Cardio Circuit	Boxing Ring	1.15 - 1.45	Rock Bottom	Boxing Ring				2.00 - 3.00	BodyPole*	Cobra
			1.10 - 1.55	Cycle*	Mountain	1.15 - 2.05	Hatha Yoga	Warrior	1.10 - 2.00	Power Yoga	Firefly				3.00 - 4.00	Burlesque Dolls	Cobra
4.45 - 5.40	Vlee Club	Hero	1.10 - 1.40	Hard Core	Boxing Ring										3.00 - 4.00	ZUMBA®	Hero
5.15 - 6.15	Power Yoga	Firefly	1.15 - 2.05	Hatha Yoga	Warrior	3.30 - 4.30	Hot Hatha	Firefly	3.30 - 4.30	Hatha Yoga	Warrior	5.15 - 6.15	Hot Hatha	Firefly	4.00 - 5.00	Hip Hop	Hero
5.30 - 6.25	Hatha Yoga (B)	Warrior	4.45 - 5.40	ZUMBA®	Hero	4.45 - 5.40	Contemporary Dance	Hero	4.45 - 5.40	Belly Dance	Hero	5.30 - 6.30	Step	Warrior			
5.40 - 6.30	ZUMBA®	Hero	5.15 - 6.00	BodyPole*	Cobra	5.15 - 6.15	Power Yoga	Firefly	5.15 - 6.15	Creative Hatha Yoga	Firefly	5.30 - 6.30	Exotic Dance	Cobra			
5.40 - 6.25	Cycle*	Mountain	5.15 - 6.15	Power Yoga	Firefly	5.30 - 6.30	BodyPole*	Cobra	5.30 - 6.20	Fight Fit	Warrior	5.30 - 6.20	Reformer* (I)	Reformer			
5.45 - 6.45	Reformer*	Reformer	5.30 - 6.25	BodyPump™	Warrior	5.40 - 6.25	Cycle*	Mountain	5.40 - 6.30	Hip Hop	Hero	5.40 - 6.25	Cycle*	Mountain			
6.00 - 6.45	Belly Dance	Cobra	5.40 - 6.30	Jazz/Funk/Hip Hop	Hero	5.40 - 6.20	Vlee Club	Hero	5.40 - 6.25	Cycle*	Mountain	5.45 - 6.45	ZUMBA®	Hero	10.30 - 11.30	Pilates Mat	Warrior
6.30 - 7.30	BodyPump™	Warrior	5.45 - 6.30	Cycle*	Mountain	6.20 - 7.20	Fight Fit	Warrior	5.45 - 6.35	Reformer*	Reformer	6.20 - 7.20	Vinyasa Yoga/Meditation	Firefly	10.30 - 11.45	Hot Hatha (I)	Firefly
6.30 - 8.00	Power Yoga	Firefly	5.45 - 6.45	Reformer Course (B)*	Reformer	6.20 - 7.10	Reformer*	Reformer	6.15 - 7.15	Power Yoga	Firefly	6.30 - 7.30	Mobster	Warrior	12.00 - 1.00	Hatha Yoga (B)	Warrior
6.30 - 7.30	Hip Hop	Hero	6.30 - 7.30	ZUMBA® - Rhythms	Hero	6.30 - 7.15	Cycle*	Mountain	6.30 - 7.30	BodyPump™	Warrior				2.15 - 3.15	ZUMBA®	Hero
6.30 - 7.15	Cycle*	Mountain	6.35 - 7.20	Cycle*	Mountain	6.30 - 8.00	Power Yoga	Firefly	6.30 - 7.30	ZUMBA®	Hero				3.30 - 4.30	Cycle*	Mountain
6.35 - 7.25	Reformer* (I)	Reformer	6.30 - 7.30	Pilates Mat	Warrior	6.30 - 7.30	Exotic Dance	Cobra	6.45 - 7.45	BodyPole*	Cobra				4.30 - 5.30	BodyPump™	Warrior
6.45 - 7.45	BodyPole*	Cobra	6.30 - 7.30	Power Yoga	Firefly	6.30 - 7.30	Bollywood	Hero	7.30 - 8.15	Ballet Funk	Hero						
6.45 - 7.45	Power Yoga	Warrior	6.45 - 7.35	Reformer*	Reformer	7.20 - 8.15	Step	Warrior	7.30 - 8.30	Flex 'n' Flov	Warrior						
7.30 - 8.30	Ballroom	Hero	7.30 - 8.25	BodyJam™	Hero	7.30 - 8.30	ZUMBA® - Rhythms	Hero									
			7.30 - 8.30	Yin Yoga	Firefly												

## SUNDAY

**Opening Hours**  
**Mon~Thu** 6am - 10pm  
**Friday** 6am - 9pm  
**Saturday** 8am - 6pm  
**Sunday** 10am - 6pm