



# SPECIAL CLASSES ON DEEPAVALI!

## 17 OCTOBER 2009, SATURDAY



### AMK HUB

#### Main Studio

11.00 - 12.30PM	BODYPUMP® (90min)
12.45 - 2.15PM	BODYCOMBAT® (90min)
2.30 - 4.00PM	BODYJAM® (90min)

JOEL & FERNIE  
JENNIFER CHEN & EDWIN  
LEE TONG

#### Mind & Body Studio

11.00 - 12.30PM	POWER YOGA
12.45 - 2.15PM	RESTORATIVE YOGA

YVONNE  
YVONNE

### FUSIONOPOLIS

#### Main Studio

11.00 - 12.30PM	ENDURANCE BODYCOMBAT® (90min)
12.45 - 2.15PM	BODYPUMP® CIRCUIT TRAINING (90min)

JUNWEI & CHESLYN  
GEOFFREY & CHESLYN

#### Mind & Body Studio

2.30 - 4.00PM	ENDURANCE HOTFLOW (90min)
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PAUL

#### Cycling Studio

2.30 - 3.20PM	RPM™
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FERNIE

### PARAGON

#### Main Studio

10.45 - 11.45AM	BODYPUMP®
12.00 - 1.00PM	BODYCOMBAT®
1.15 - 2.15PM	DEEPAVALI SPECIAL! BHANGRA-ROBICS
2.30 - 3.30PM	BODYJAM® PLUS LAUNCH (ADVANCE VERSION)

YINSHI  
NAILA & EMA  
JASBIR & NAILA  
SERENA TONG & ERICH

#### Mind & Body Studio

10.45 - 12.00PM	HOT YOGA CHALLENGE! (75min)
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FELICIA

#### Cycling Studio

12.00 - 1.00PM	RPM CHALLENGE!
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YINSHI

### ONE RAFFLES QUAY

#### Main Studio

12.00 - 1.00PM	BODYPUMP®	LEONARD
1.10 - 2.40PM	BODYSTEP® PUNK!ENDURANCE TRAINING (90min)	LEONARD
2.40 - 3.30PM	ABS & STRETCH	LEONARD

#### Mind & Body Studio

2.00 - 3.00PM	BODYBALANCE®	VIVI
3.10 - 4.25PM	YIN YOGA (75min)	JOSEPHINE L.

#### Cycling Studio

10.45 - 11.45AM	RPM™ CHALLENGE	ALI
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### ONE GEORGE STREET

#### Main Studio

12.00 - 1.15PM	DANCE THEME 'JAI HO!' (75min)	VIVI
1.30 - 2.45PM	POWER YOGA (75min)	JOSEPHINE L.

#### Poolside

11.00 - 12.00PM	AQUA CIRCUIT	EUNICE
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### THE CATHAY

11.30 - 12.30PM	BODYCOMBAT®	JULIAN
12.45 - 1.45PM	BODYPUMP®	JULIAN
2.00 - 3.00PM	BODYBALANCE®	JULIAN

### MILLENNIA WALK

#### Deepavali Beach Workout!

10.15 - 11.45PM	"BODYPUMP® UP A BEACH BODY" (90min)	KEE LEONG & LESTER
12.00 - 1.30PM	"BEACH-BODY-ATTACK!" (90min)	XAVIER & SHERLIN
1:40 - 2:40PM	GENTLE FLOW "REST AND STRETCH" (60min)	SHERLIN

### CLUB OPERATION HOURS ON 17 OCTOBER 2009

AMK Hub Level B1 . > 8am - 10pm  
Capital Tower Level 9 . > Closed  
Fusionopolis Level 23 . > 8am - 6pm

Millenia Walk Level 2 . > 10am - 8pm  
One George St Level 5 . > 10am - 6pm  
One Raffles Quay Level 8 . > 10am - 5pm

OUB Centre Level 6 . > Closed  
Paragon Level 8 . > 8am - 10pm  
The Cathay Level 4 . > 8am - 10pm

