

GET FIT with i.sawan



GROUP CLASS SCHEDULE 2026

MONDAY	MORNING STRETCHING BY THE POOL 06.30-07.15 (OAK)		CIRCUIT TRAINING 18.30-19.15 (CHAMP)
TUESDAY	HATHA YOGA 06.30-07.30 (NOOM)	PILATES MAT 10.00-11.00 (POL)	FIT BALL EXERCISE 18.30-19.15 (OAK)
WEDNESDAY	PILATES MAT 06.30-07.30 (POL)		YOGA CALM 18.30-19.30 (KOOK)
THURSDAY	ZUMBA 06.30-07.30 (MEK)	PILATES MAT 18.30-19.30 (POL)	
FRIDAY	YOGA 10.00-11.00 (MUU)	BODY SCULPT 17.15-18.00 (TOH)	
SATURDAY	A.B.T. (Abs, Butts & Thighs) 08.00-08.45 (CHAMP)	PILATES MAT 16.00-17.00 (POL)	
SUNDAY	HIGH INTENSITY INTERVAL TRAINING 08.00-08.30 (TOH)	STRETCHING 16.00-16.45 (OAK)	

- Classes are complimentary for in house guests and subject to change without prior notice.
- Advance booking is requested.
- Effective as of January 1st, 2026.

For reservation please call 0 2254 6310 or extension 5006

