




















SCHEDULE

TIME	MON	TUE	WED	THU	FRI	SAT
1st FLOOR						
08.00 - 08.50	VERA  ●●	VERA  ●●●	BOBBY  ●●●			BOBBY  ●●●
09.00 - 09.50			AGAM  ●●●	AGAM  ●●●	AGAM  ●●●	
10.00 - 10.50					AGAM  ●●●	
17.00 - 17.50		EKIN  ●●		VERA  ●●	VERA  ●●	
2nd FLOOR						
09.00 - 09.50		VERA  ●●				
3rd FLOOR						
08.00 - 09.00				KOMANG  ●●	KOMANG  ●●	
09.00 - 10.00	GUSTI  ●●●					KOMANG  ●●
10.00 - 11.00		ANDI  ●●				
17.00 - 18.00	ANDI  ●●		GUSTI  ●●●			

Remarks :

- New Comer Welcome, Please Use Options
- Fitness Experience Needed
- Athlete Performance (H.I.I.T)

Note:

- Classes schedule is subject to change without prior notice.
- Advance booking prior to the intended class is required (at least 2 hours before).
- 5 Minutes of tolerance time will be considered to be able to join class. After that period, your appointments are subject as a no - show.

GROUP FITNESS DESCRIPTION

HIIT STRENGTH (45 MINUTES) ●●●

50 minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate or dumbbells and body weight exercises to blast all major muscle groups.

TRX CIRCUIT (45 MINUTES) ●●●

Up to 700 kcal per class

Soham full functional training class. Use of body weight exercise and the TRX Suspension Trainer, a sling training tool that leverages gravity and the user's body. A method of bodyweight exercise. Build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose.

SPINNING (50 MINUTES) ●●

Up to 800 kcal per class

Ride the indoor-cycling calorie killer, get lean and fit. Take on the terrain with your inspiring coach who leads the pack through hills, intervals, flats, mountain peaks and time trials. Push yourself and ride to the rhythm of powerful music.

BOOTY (45 MINUTES) ●●●

"Booty class" is a workout class that focuses on shaping and toning the glutes, hamstrings, and other lower body muscles. The main goal of this class is to increase strength, muscle definition, and shape the buttocks through a series of targeted exercises.

KICK BOXING (50 MINUTES) ●●

"No tournament - get safety fit & lean"

Soham Kickbox Cardio, is a high intensity fitness class that combines martial arts techniques with fast-paced cardio on typically kickboxing equipment such as punch and kicking bags. Learn how to punch and kick in a proper way for a safe and efficient workout. This high-energy workout challenges the beginner and elite athlete alike.

HYPER STRENGTH (45 MINUTES) ●●●

Push your limits and build real strength. Hyper Strength is a high-energy resistance training class that combines controlled tempo lifting with motivating music to maximize muscle engagement and results. Focusing on proper form, progressive overload, and muscular endurance, this class is ideal for those looking to tone, strengthen, and elevate their performance. Get ready to feel the burn and leave stronger every session.

VINYASA YOGA (50 MINUTES) ●●

Vinyasa Yoga is a subset of hatha yoga that is distinguished by its fluid transitions and movement through a series of carefully planned poses. This powerful, energetic, playful flowing class has a strong emphasis on breath to connect body & mind.

POWER YOGA (60 MINUTES) ●●

A variety of different yoga exercises and poses, performed under hot and humid conditions, to heal and maintain the physical body through balancing the latent potential for strength, breathing and flexibility.

CIRCUIT TRAINING (50 MINUTES) ●●

Circuit class" or "circuit training" is a type of exercise that combines different types of physical exercises in one session, with minimal rest time between each exercise. This exercise aims to improve cardiovascular fitness, muscle strength, and endurance.

HEALING YOGA (60 MINUTES) ●●

Observing the inner side of the body, which are active, which are the problems that focus on the breath, bring the breath and energy in each organ that has problems.

HATHA FLOW (60 MINUTES) ●●

Hatha Flow is a catch-all term for any type of yoga that teaches physical postures, so that means you'll get a gentle introduction to all the classic yoga poses and you'll hold them for longer than in a Vinyasa Flow class. "It gets you focused on alignment and balance, and improving your posture and breath.

YIN & YANG YOGA (60 MINUTES) ●●

Yin Yang yoga could be the right choice. The reason is, Yin Yang yoga can help reduce tension in the connective tissue that lines the body's muscles. By regularly doing Yin Yang yoga, you will not get tired easily during activities and reduce the risk of injury.

POWER PILATES (60 MINUTES) ●●

Power Pilates is a form of Pilates performed on a mat using only body weight as resistance. It focuses on strengthening the core, improving flexibility, and building overall body stability without the need for special equipment. Simple yet effective, Mat Pilates is suitable for all fitness levels and can be done anywhere, making it one of the most accessible forms of exercise.

DEEP STRETCH & SLOW FLOW (60 MINUTES) ●●

A Mindful and meditative practice with emphasis on alignment that allows the body and mind to feel poses fully. Great for student of all levels to further understand and connection with trainer practice and breathe in an open supportive environment.

CARDIO CORE (50 MINUTES) ●●●

Train your core like never before. Cardio Core is a fast-paced, high-intensity workout designed to strengthen your core while keeping your heart rate elevated. Combining dynamic movements with targeted abdominal exercises, this class challenges stability, coordination, and endurance. Expect a sweaty, energizing session that builds a stronger, more resilient core and boosts overall athletic performance.

Remarks

● New Comer Welcome, Please Use Options ● Fitness Experience Needed ● Athlete Performance (H.I.I.T)