



SOHAM
WELLNESS CENTER

SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08.00	 POWER PILATES	 TRX <i>Circuit</i>	 TRX <i>Circuit</i>	 Vinyasa Yoga	 HATHA FLOW	 CIRCUIT TRAINING
09.00	 POWER YOGA	 SPINNING	 HIIT STRENGTH	 BODY BLAST	 KICK BOXING	 HEALING YOGA
10.00		 YIN YANG YOGA		 Beauty & Core		
17.00	 YIN YOGA	 MUAY THAI	 POWER YOGA	 SPINNING	 POWER PILATES	

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 (50 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 (50 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.

BODY BLAST (50 MINUTES) ●●●

Up to 600 kcal per class

Full body workout using light weights or your own body weight, this class helps you to build and tone muscle; burn calories and strengthen the core. This class is for all fitness levels, and is a great way to fit quickly.

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.

BEAUTY & CORE (50 MINUTES) ●●●

Up to 450 kcal per class

Is an intense low impact toning class. Targets the areas you most want to improve i.e. Abs, Butts & Thighs. The coach leads the class thru variety postures and movements with and without use of small weights.

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.

MUAY THAI (50 MINUTES) ●●●

A Muay Thai class is a dynamic training program focused on developing striking techniques, physical conditioning, and mental resilience through the traditional martial art of Thailand. Suitable for all levels, it combines technical drills, cardio, and strength training in a structured environment.

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.

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.

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) ●●●

Pilates (pronounced puh-lah-teez and pie-lates) is similar to yoga but emphasizes your body core - the abdomen, obliques, lower back, inner and outer thigh, butt, and so on. For this reason, Pilates develops much of what exercisers need - strength, flexibility, muscular, endurance, coordination, balance, and good posture - with a much lower chance of injury than with other forms of exercise.

The discipline emphasizes correct form instead of going for the burn. With so many exercise variations and progressions, you may have a hard time getting bored with Pilates.

YIN YOGA (60 MINUTES) ●●●

Yin yoga is a slow, calming style of yoga that focuses on the body's connective tissues such as fascia, ligaments, and tendons. In yin yoga, poses are held for long periods of time, usually 3-5 minutes or even up to 10 minutes, to achieve deep relaxation and enhance the experience of life.

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