

St. Gregory at PARKROYAL on Beach Road

GROUP FITNESS SCHEDULE JANUARY 2012

DAY	TIME	CLASS	INSTRUCTOR
MONDAY	12:30pm – 01:30pm 07:00pm – 08:00pm	CORE CONDITIONING POWER YOGA	ANREW JANUS
TUESDAY	12:30pm – 01:30pm 07:00pm – 08:00pm	CIRCUITS YOGA	DAVE DAVID
WEDNESDAY	07:00pm – 08:00pm	PILATES	ELLYNNE
THURSDAY	07:00pm – 08:00pm	YOGA ALIGNMENT	JANUS
FRIDAY	12:30pm – 01:30pm 06:30pm – 07:30pm 07:30pm - 08:00pm	CIRCUITS BODY BLAST BODY SCULPT	DAVE JONATHAN
SATURDAY	02:30pm – 03:30pm	HATHA YOGA	DOLLY

This schedule is valid until superseded by a new schedule.

IMPORTANT – PLEASE NOTE

- All Classes operate on a booking system and are strictly on a first-come-first-served basis. Please sign-up for your class token at the Reception up to 20 minutes before the class starts.
- Minimum 2 persons to start a class.
- Appropriate fitness attire must be worn in the Fitness Studio and Gym (trainer, shorts, tracksuits, track shoes etc).
- Please inform the instructor prior to the start of the class if you have any health conditions. e.g. Pregnancy, post-surgery, injury, etc.
- All classes are FREE for members and hotel guest.

For enquiries, please contact reception at 65055755.