

CLUB NINE

FITNESS & LIFESTYLE

< Group Classes >

Abs & Stretch	Tabata - H.I.I.T.
Cross Suspension Training	Yoga Workout
NINE Stations N'S	Yoga Fit
Hatha Yoga	Restorative Yoga
AntiGravity Stretch & Decompression	Vinyasa Flow Yoga
AntiGravity Suspension Fitness	Yin Yang Yoga
AntiGravity Aerial Yoga	Zumba Fitness
Legs, Butts and Core	Yoga Dance
Pilates Fit - Props	Family Active
Boxing Circuit	Power Yoga
Boot Camp	Slim Yoga

< Instructors >

(RB) – Raul Barvo	(EP) – Erin Pun
(KP) – Kanwar Pal	(CD) – Chrissy Denton
(CM) – Chrisrian Monge	(MH) – Melissa Hassett
(TB) – Tamer Begum	(TT) – Tito Tito
(JH) – John Ho	(SC) – Sandra Correa
(JW) – Jasmine Wu	(WP) – Wonah Park
(JR) – Juan Raches	(GI) – Guest Instructor
(EL) – Edu Lopez	

SEPTEMBER 2020 CLASS SPECIAL SCHEDULE (Unlimited Group Classes)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	01	02	03	04	05

18:30 AM EL	Cross Suspension Training	9:30 AM RB	NINE Stations N'S
19:30 AM EL	NINE Stations N'S	10:30 AM RB	Cross Suspension Training
20:30 PM EL	Abs & Stretch	11:30 AM RB	Abs & Stretch
		12:30 PM EP	AntiGravity Aerial Yoga
		13:30 PM EP	Hatha Yoga
		14:30 PM JW	Yoga Dance

Find out more about our group classes schedule,
Please go to our website at:
www.club-nine.co/class-schedule

06 10:30 AM KP Vinyasa Flow Yoga 11:30 AM RB NINE Stations N'S 12:30 PM WP Pilates Fit - Props 13:30 PM SC Zumba Fitness 14:30 PM EL Boxing Circuit 15:30 PM EL Boot Camp	07 18:30 PM EL Legs, Butts & Core 19:30 PM EL NINE Stations N'S 20:30 PM EL Tabata - H.I.I.T.	08 6:30 AM RB NINE Stations N'S 7:20 AM RB Abs & Stretch 10:00 AM KP Hatha Yoga 18:30 PM WP Yin Yang Yoga 19:30 PM TBC AntiGravity Aerial Yoga 20:30 PM TBC AntiGravity Suspension Fitness	09 10:00 AM CD NINE Stations N'S 11:00 AM CD Abs & Stretch 18:30 PM SC Zumba Fitness 19:30 PM RB NINE Stations N'S 20:30 PM RB Abs & Stretch	10 6:30 AM RB Cross Suspension Training 7:20 AM RB Tabata - H.I.I.T. 18:30 PM JH AntiGravity Aerial Yoga 19:30 PM KP Yoga Fit 20:30 PM KP Restorative Yoga	11 18:30 PM EL Cross Suspension Training 19:30 PM EL NINE Stations N'S 20:30 PM EL Abs & Stretch	12 9:30 AM RB NINE Stations N'S 10:30 AM RB Cross Suspension Training 11:30 AM RB Abs & Stretch 12:30 PM EP AntiGravity Aerial Yoga 13:30 PM EP Hatha Yoga 14:30 PM JW Yoga Dance
13 10:30 AM KP Vinyasa Flow Yoga 11:30 AM RB NINE Stations N'S 12:30 PM WP Pilates Fit - Props 13:30 PM SC Zumba Fitness 14:30 PM EL Boxing Circuit 15:30 PM EL Boot Camp	14 18:30 PM EL Legs, Butts & Core 19:30 PM EL NINE Stations N'S 20:30 PM EL Tabata - H.I.I.T.	15 6:30 AM RB NINE Stations N'S 7:20 AM RB Abs & Stretch 10:00 AM KP Hatha Yoga 18:30 PM WP Yin Yang Yoga 19:30 PM TBC AntiGravity Aerial Yoga 20:30 PM TBC AntiGravity Suspension Fitness	16 10:00 AM CD NINE Stations N'S 11:00 AM CD Abs & Stretch 18:30 PM SC Zumba Fitness 19:30 PM RB NINE Stations N'S 20:30 PM RB Abs & Stretch	17 6:30 AM RB Cross Suspension Training 7:20 AM RB Tabata - H.I.I.T. 18:30 PM JH AntiGravity Aerial Yoga 19:30 PM KP Yoga Fit 20:30 PM KP Restorative Yoga	18 18:30 PM EL Cross Suspension Training 19:30 PM EL NINE Stations N'S 20:30 PM EL Abs & Stretch	19 9:30 AM RB NINE Stations N'S 10:30 AM RB Cross Suspension Training 11:30 AM RB Abs & Stretch 12:30 PM EP AntiGravity Aerial Yoga 13:30 PM EP Hatha Yoga 14:30 PM JW Yoga Dance
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