

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 Restore and Recovery	Yin Yang Yoga
AntiGravity Aerial Yoga	Zumba Fitness
Legs, Butts & 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
(JH) – John Ho	(TT) – Tito Tito
(JW) – Jasmine Wu	(SC) – Sandra Correa
(EL) – Edu Lopez	(MT) – Mason Tse
(MC) – Micha Chan	(GI) – Guest Instructor

NOVEMBER 2020 CLASS SPECIAL SCHEDULE (Unlimited Group Classes)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03	04	05	06	07
10:30 AM KP Vinyasa Flow Yoga	18:30 PM MT Legs, Butts & Core	6:30 AM RB NINE Stations N'S	10:00 AM CD NINE Stations N'S	18:30 PM JH AntiGravity Aerial Yoga	19:00 PM EL Boot Camp	9:30 AM RB NINE Stations N'S
11:30 AM RB NINE Stations N'S	19:30 PM MT NINE Stations N'S	7:20 AM RB Abs & Stretch	11:00 AM CD Abs & Stretch	19:30 PM KP Yoga Fit	20:00 PM EL Cross Suspension Training	10:30 AM RB Cross Suspension Training
12:30 PM TBC Pilates Fit - Props	20:30 PM MT Tabata - H.I.I.T.	10:00 AM KP Hatha Yoga	18:30 PM SC Zumba Fitness	20:30 PM KP Restorative Yoga		11:30 AM RB Abs & Stretch
13:30 PM SC Zumba Fitness		18:30 PM MC Yin Yang Yoga	19:30 PM RB Cross Suspension Training			12:30 PM GI AntiGravity Aerial Yoga
14:30 PM EL Boxing Circuit		19:30 PM JH AntiGravity Aerial Yoga	20:30 PM RB Legs, Butts & Core			13:30 PM JW Hatha Yoga
15:30 PM EL Boot Camp		20:30 PM JH AntiGravity Restore and Recovery				14:30 PM JW Yoga Dance
08	09	10	11	12	13	14
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Find out more about our group classes schedule,
Please go to our website at:
www.club-nine.co/class-schedule