

HEALTH AND SPORTS

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Class	Day	Start Date	End Date	No of Classes	Trainer/ Class Code	Salutation	Time Start	Time End	Members Fee (\$)	Non Members Fee (\$)	Class Venue
Hatha Yoga (Elementary 2) No class on 25 Dec and 1 Jan	Mon	30-Oct	29 Jan 2018	12	Mr Yeo Theng Wah	Mr Yeo	7.30pm	8.30pm	\$50.00	\$60.00	#02-06 Dance Studio
Hatha Yoga (Elementary 1) No class on 25 Dec and 1 Jan	Mon	30-Oct	29 Jan 2018	12	Mr Yeo Theng Wah	Mr Yeo	8.30pm	9.30pm	\$50.00	\$60.00	#02-06 Dance Studio
Hatha Yoga (Elementary 2)	Thu	17-Aug	16 Nov 2017	12	Mr Yeo Theng Wah	Mr Yeo	9.30am	10.30am	\$50.00	\$60.00	#02-06 Dance Studio
Hatha Yoga (Elementary 1)	Thu	17-Aug	16 Nov 2017	12	Mr Yeo Theng Wah	Mr Yeo	10.30am	11.30am	\$50.00	\$60.00	#02-06 Dance Studio
Hatha Yoga (Elementary)	Fri	5-Jan	3 Mar 2018	8	Ms Saras	Ms Saras	10am	11.15am	\$70.00	\$80.00	#02-02 New Studio
Hatha Yoga (Elementary 2)	Sat	21-Oct	6 Jan 2018	12	Mr Yeo Theng Wah	Mr Yeo	5pm	6pm	\$50.00	\$60.00	#02-06 Dance Studio
Hatha Yoga (Elementary 1)	Sat	21-Oct	6 Jan 2018	12	Mr Yeo Theng Wah	Mr Yeo	6.10pm	7.10pm	\$50.00	\$60.00	#02-06 Dance Studio
Zumba Fitness	Mon	16-Oct	4 Dec 2017	8	Ms Mandy Liew	Ms Mandy	7.30pm	8.30pm	\$90.00	\$100.00	#02-02 New Studio
Zumba Fitness	Mon	4-Dec	5 Feb 2018	8	Ms Kelly Lee	Ms Kelly	8.45pm	9.45pm	\$90.00	\$100.00	#02-02 New Studio
Zumba Fitness	Thu	26-Oct	14 Dec 2017	8	Ms Mandy Liew	Ms Mandy	7.30pm	8.30pm	\$90.00	\$100.00	#02-02 New Studio
Pilates Matwork	Thu	26-Oct	14 Dec 2017	8	Ms Mandy Liew	Ms Mandy	8.35pm	9.35pm	\$90.00	\$100.00	#02-02 New Studio
KpopX Fitness	Tue	7-Nov	28 Nov 2017	4	Dan-Z Fitness Pte Ltd - Ms Maddy	Ms Suzy	7.30pm	8.20pm	\$50.00	\$55.00	#02-06 Dance Studio
K-Kardio Dance	Thu	23-Nov	14 Dec 2017	8	J Creation Platform Pte Ltd	Ms Jessica	7.15pm	8.15pm	\$100.00	\$112.00	#03-05 & #03-05A Mandai & Chay Kay Room
Krav Maga (Contact Combat)	Mon	13-Nov	13 Jan 2018	8	Mr Lim Beng Kit	Mr Lim	7.30pm	9pm	\$120.00	\$130.00	#03-05 Mandai Room
Karate	Tue	31-Oct	16 Jan 2018	12	Mr Choo Keng An	Mr Choo	7.30pm	9.30pm	\$60.00	\$70.00	Level 3 Foyer
Tai Ji Quan	Wed	1-Nov	17 Jan 2018	12	Mr Ang Kim Hock	Mr Ang	8pm	10pm	\$30.00	\$40.00	Level 1 Hard Court

Class	Day	Start Date	End Date	No of Classes	Trainer/ Class Code	Salutation	Time Start	Time End	Members Fee (\$)	Non Members Fee (\$)	Class Venue
Taekwondo	Fri	13-Oct	15 Dec 2017	10	Mr Low Yiap Kee	Mr Low	8pm	9.30pm	\$35.00	\$45.00	Level 1 Hard Court
Aikido-Children Aikido-Adult	Sun	1-Oct	24 Dec 2017	12	Mr Shamus Chan	Mr Shamus	4.30pm 5.30pm	5.30pm 7.00pm	\$100.00	\$112.00	#02-06 Dance Studio

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Hatha Yoga (Elementary 2)	Mon	18-Jan	11 April 2018	12	Mr Yeo Theng Wah	7.30pm	8.30pm	\$50.00	\$60.00	#02-06 Dance Studio
Hatha Yoga (Elementary 1)	Mon	18-Jan	11 April 2018	12	Mr Yeo Theng Wah	8.30pm	9.30pm	\$50.00	\$60.00	#02-06 Dance Studio
Hatha Yoga (Elementary 2)	Thu	17-Mar	9 June 2018	12	Mr Yeo Theng Wah	9.30am	10.30am	\$50.00	\$60.00	#02-06 Dance Studio
Hatha Yoga (Elementary 1)	Thu	17-Mar	9 June 2018	12	Mr Yeo Theng Wah	10.30am	11.30am	\$50.00	\$60.00	#02-06 Dance Studio
Hatha Yoga (Elementary)	Thu	3-Mar	19 May 2018	12	Mr Sambandan	8pm	9pm	\$55.00	\$65.00	#03-02 Function Room
Hatha Yoga (Elementary)	Fri	11-Mar	6 May 2018	8	Ms Saras	10am	11.15am	\$70.00	\$80.00	#02-02 Dance Studio
Hatha Yoga (Elementary 2)	Sat	23-Jan	9 April 2018	12	Mr Yeo Theng Wah	5pm	6pm	\$50.00	\$60.00	#02-06 Dance Studio
Hatha Yoga (Elementary 1)	Sat	23-Jan	9 April 2018	12	Mr Yeo Theng Wah	6.10pm	7.10pm	\$50.00	\$60.00	#02-06 Dance Studio
Hatha Yoga (Elementary)	Sun	NO CLASS TILL FURTHER NOTICE		12	Mr Sambandan	8.30pm	9.30pm	\$50.00	\$60.00	#03-02 BSP Room
Zumba Fitness	Mon	4-Apr	23 May 2018	8	Ms Mandy Liew	7.30pm	8.30pm	\$96.00	\$106.00	#02-02 Dance Studio
Zumba Fitness	Mon	11-Apr	6 June 2018	8	Ms Kelly Lee	8.45pm	9.45pm	\$96.00	\$106.00	#02-02 Dance Studio
Zumba Fitness	Thu	7-Apr	26 May 2018	8	Ms Mandy Liew	7.30pm	8.30pm	\$96.00	\$106.00	#02-02 Dance Studio
Zumba Gold (Slower Pace)	Fri	18-Mar	13 May 2018	8	Ms Kelly Lee	8.45pm	9.45pm	\$90.00	\$100.00	#02-02 Dance Studio

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Pilates Matwork	Thu	10-Mar	28 April 2018	8	Ms Mandy Liew	8.40pm	9.40pm	\$88.00	\$96.00	#02-02 Dance Studio
Kpop X Fitness	Tue	8-Mar	29 Mar 2018	4	Dan-Z Fitness Pte Ltd - Ms Suzanne	7.30pm	8.20pm	\$50.00	\$55.00	#02-02 Dance Studio
Krav Maga (Contact Combat)	Mon	5-Apr	26 April 2018	8	Mr Lim Beng Kit	7.30pm	9pm	\$120.00	\$130.00	#03-05 Mandai Room
Karate	Tue	15-Mar	31 May 2018	12	Mr Choo Keng An	7.30pm	9.30pm	\$60.00	\$70.00	Level 1 Hard Court
Tai Ji Quan	Wed	6-Apr	22 June 2018	12	Mr Ang Kim Hock	8pm	10pm	\$30.00	\$40.00	Level 1 Hard Court
Taekwondo	Fri	11-Mar	20 May 2018	10	Mr Low Yiap Kee	8pm	9.30pm	\$35.00	\$45.00	Level 1 Hard Court
Aikido-Children Aikido-Adult *NO CLASS ON 1MAY	Sun	28-Feb	22 May 2018	12	Mr Shamus Chan	4.30pm 5.30pm	5.30pm 7.00pm	\$100.00	\$112.00	#02-06 Dance Studio

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Hatha Yoga (Elementary 2)	Mon	12	Mr Yeo Theng Wah	7.30pm	8.30pm	\$50.00	\$60.00	#02-06 Dance Studio
Hatha Yoga (Elementary 1)	Mon	12	Mr Yeo Theng Wah	8.30pm	9.30pm	\$50.00	\$60.00	#02-06 Dance Studio
Hatha Yoga (Elementary 2)	Thu	12	Mr Yeo Theng Wah	9.30am	10.30am	\$50.00	\$60.00	#02-06 Dance Studio
Hatha Yoga (Elementary 1)	Thu	12	Mr Yeo Theng Wah	10.30am	11.30am	\$50.00	\$60.00	#02-06 Dance Studio
Hatha Yoga (Elementary)	Thu	12	Mr Sambandan	8pm	9.30pm	\$55.00	\$65.00	#03-02 Function Room
Hatha Yoga (Elementary)	Fri	8	Ms Saras	10am	11.15am	\$70.00	\$80.00	#02-02 Dance Studio
Hatha Yoga (Elementary 2)	Sat	12	Mr Yeo Theng Wah	5pm	6pm	\$50.00	\$60.00	#02-06 Dance Studio
Hatha Yoga (Elementary 1)	Sat	12	Mr Yeo Theng Wah	6.10pm	7.10pm	\$50.00	\$60.00	#02-06 Dance Studio
Hatha Yoga (Elementary)	Sun	12	Mr Sambandan	8.30pm	9.30pm	\$50.00	\$60.00	#03-02 BSP Room
Zumba Fitness	Mon	8	Ms Mandy Liew	7.30pm	8.30pm	\$96.00	\$106.00	#02-02 Dance Studio
Zumba Fitness	Mon	8	Ms Kelly Lee	8.40pm	9.40pm	\$96.00	\$106.00	#02-02 Dance Studio
Zumba Fitness	Thu	8	Ms Mandy Liew	7.30pm	8.30pm	\$96.00	\$106.00	#03-05 Mandai Room

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Pilates Matwork	Thu	8	Ms Mandy Liew	8.40pm	9.40pm	\$88.00	\$96.00	#02-02 Dance Studio
Kpop X Fitness	Tue	4	Dan-Z Fitness Pte Ltd - Ms Sandy	7.30pm	8.20pm	\$50.00	\$55.00	#02-02 Dance Studio
Kpop X Fitness Lite	Fri	4	Dan-Z Fitness Pte Ltd - Ms Jessica	10am	10.50am	\$44.00	\$50.00	#02-06 Dance Studio
Taichi for Health - Osteoporosis	Mon	12	Mr Simon Yuen	8pm	9pm	\$55.00	\$65.00	Level 1 Hard Court
Krav Maga (Contact Combat)	Mon	8	Mr Lim Beng Kit	7.30pm	9pm	\$120.00	\$130.00	#03-05 Mandai Room
Karate	Tue	12	Mr Choo Keng An	7.30pm	9.30pm	\$60.00	\$70.00	Level 1 Hard Court
Tai Ji Quan	Wed	12	Mr Ang Kim Hock	8pm	10pm	\$30.00	\$40.00	Level 1 Hard Court
Taekwondo	Fri	10	Mr Low Yiap Kee	8pm	9.30pm	\$35.00	\$45.00	Level 1 Hard Court
Silat	Sat	12	Mr Aeji Bin Karmak	8pm	9.30pm	\$3.00	\$4.00	Level 1 Hard Court
Aikido-Children Aikido-Adult	Sun	12	Mr Shamus Chan	4.30pm/ 5.30pm	5.30pm/ 7.00pm	\$100.00	\$112.00	#02-06 Dance Studio