

# CHECK OUT OUR FREE GROUP CLASSES

## JOIN THE FUN, FEEL THE BURN.

MON

TUE

WED

THU

FRI

SAT

SUN

HIIT

Steve  
12:00-12:30

HIIT

Syafiq  
12:00-12:30



**BODY  
COMBAT**

Rozi  
19:00-20:00

Yiru  
19:00-20:00

**BODY  
COMBAT**

Yoke Sun  
19:00-20:00

BEGINNER

INTERMEDIATE

ADVANCED

MULTI-LEVEL

Note: If you need to cancel your booking, please contact us directly at 9018 7538



**BOOK YOUR SPOT IN CLASS TODAY!**  
**DOWNLOAD THE AF APP AND GET PRIORITY  
BOOKING ACCESS TO CLASSES.**



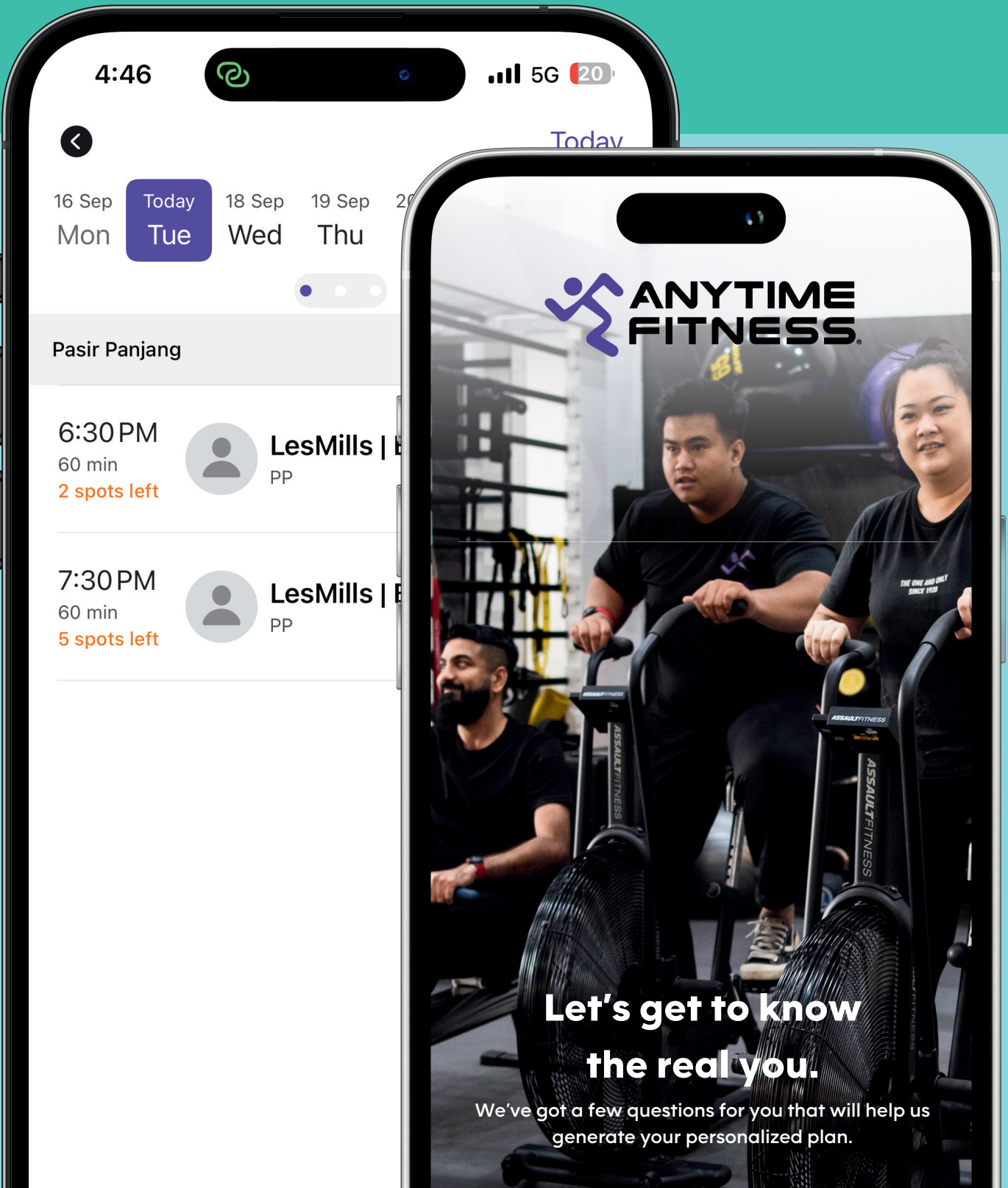
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HOW TO BOOK FOR CLASS?  
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CLASS	WHAT'S HAPPENING IN THE CLASS?
HIIT Circuit Training	A dynamic workout session involving intense bursts of exercise alternated with short recovery periods, promoting fat burning and cardiovascular health.
Kettlebell (Full Body Circuit)	A comprehensive circuit training program utilizing kettlebell exercises for full-body strength and conditioning, improving muscle tone and endurance.
ABS Blaster	A targeted class focused on strengthening and sculpting the abdominal muscles, enhancing core stability and toning the midsection.
Yoga	A holistic practice combining physical postures, breathing techniques, and meditation for enhanced flexibility, relaxation, and overall well-being.
Hatha Yoga	A foundational yoga practice emphasizing physical alignment, breathing, and fundamental postures, fostering balance and harmony in body and mind.
Flow Yoga / Yoga Flow	A dynamic style of yoga linking movement with breath, creating a fluid and continuous sequence of poses, enhancing flexibility and inner focus.
Yoga Stretch	A gentle class focusing on deep stretching and relaxation, promoting muscle flexibility and tension release.
Yoga Stretch & Twist	A specialized yoga session combining stretching exercises with twisting poses, improving spinal mobility and relieving tension.
Yin & Myofascial	A class targeting deep connective tissues and myofascial release, enhancing flexibility and promoting relaxation.
Deep Stretch	A class emphasizing prolonged stretches aimed at releasing muscle tension and improving flexibility.
Pilates	A low-impact exercise program concentrating on core strength, flexibility, and posture, fostering overall body alignment and control.
BodyCombat	A high-energy martial arts-inspired workout designed to improve coordination, agility, and cardiovascular endurance.
BodyPump	A barbell-based resistance training class targeting all major muscle groups to enhance strength and endurance.
BodyAttack	A high-energy interval training program incorporating athletic aerobic movements to improve cardiovascular fitness and agility.
Zumba	An exhilarating dance fitness program combining Latin and international music with easy-to-follow dance moves, ensuring a fun and effective full-body workout.
Indoor Cycling	An invigorating cardio workout on stationary bikes, simulating outdoor cycling experiences and enhancing lower body strength and endurance.
Cycle HIIT	A high-intensity indoor cycling session incorporating interval training for maximum calorie burn and cardiovascular conditioning.
TBT	A comprehensive full-body workout targeting all major muscle groups for overall strength, conditioning, and functional fitness.