

# Group Fitness Class Schedule

## SUNDAY

TIME	CLASS	LOCATION	INSTRUCTOR
9:00 AM-10:20 AM	Detox Yoga: The Purification	Room 3	Vishnu
10:00 AM-12:00 NN	Ladies Tennis Socials	Tennis	Ahmad
10:30 AM-11:50 AM	Hatha Yoga: The Transformation	Room 3	Brayoni
5:00 PM-6:00 PM	RPM	Room 2	Les Mills
6:00 PM-7:00 PM	Ladies Only Hatha Yoga	Room 3	Ceren
6:00 PM-7:00 PM	Spinning	Room 2	Hanna
7:30 PM-8:30 PM	Zumba	Room 2	Imad
7:30 PM-8:50 PM	Slimming Power Yoga	Room 3	Vishnu

## MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR
9:00 AM-10:20 AM	Slimming Power Yoga	Room 3	Vishnu
10:30 AM-11:50 AM	Hatha Yoga: The Transformation	Room 3	Ceren
4:00 PM-5:45 PM	Children's Hip Hop	Room 2	SMDC
5:30 PM-6:50 PM	Hatha Yoga: The Transformation	Room 3	Pranil
6:00 PM-7:00 PM	Ladies Zumba	Room 2	Rachel
7:15 PM-8:15 PM	Spinning	Room 2	Katharine
7:00 PM-8:20 PM	Hatha Yoga: The Transformation	Room 3	Vishnu

## TUESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
9:00 AM-10:20 AM	Detox Yoga: The Purification	Room 3	Vishnu
10:00 AM-12:00 NN	Ladies Tennis Socials	Tennis	Ahmad
10:30 AM-11:50 AM	Slimming Power Yoga	Room 3	Daniella
5:00 PM-6:00 PM	Spinning	Room 2	Tarek
6:00 PM-7:00 PM	Hatha Yoga: The Transformation	Room 3	Milica
6:00 PM-8:00 PM	Mixed Tennis Socials	Tennis	Daniel
6:30 PM-7:30 PM	Adult Dance	Room 2	SMDC
7:30 PM-8:30 PM	Zumba	Room 2	Imad
7:30 PM-8:50 PM	Slimming Power Yoga	Room 3	Vishnu

## WEDNESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
9:00 AM-10:20 AM	Slimming Power Yoga	Room 3	Ceren
10:30 AM-11:50 AM	Hatha Yoga: The Transformation	Room 3	Vishnu
5:30 PM-6:30 PM	Body Pump	Room 2	Les Mills
6:00 PM-7:00 PM	Ladies Only Hatha Yoga	Room 3	Daniella
7:00 PM-8:00 PM	Spinning	Room 2	Hanna
7:00 PM-8:20 PM	Hatha Yoga: The Transformation	Room 3	Vishnu
8:30 PM-10:00 PM	Aikido	Room 2	Alan



# Group Fitness Class Schedule

## THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR
9:00 AM-10:20 AM	Slimming Power Yoga	Room 3	Daniella
10:00 AM-12:00 NN	Ladies Tennis Socials	Tennis	Ahmad
10:30 AM-11:30 AM	Detox Yoga: The Purification	Room 3	Milica
4:00 PM-5:00 PM	Zumba	Room 2	Pamela
5:00 PM-6:00 PM	Shotokan Karate	Room 2	Ahmed
6:00 PM-7:00 PM	Beginners Bachata	Room 2	Bishoy
7:30 PM-9:00 PM	Advanced Aikido	Room 2	Alan

## FRIDAY

TIME	CLASS	LOCATION	INSTRUCTOR
8:30 AM-9:30 AM	Spinning	Room 2	Tarek
9:30 AM-10:50 AM	Hatha Yoga: The Transformation	Room 3	Sowmya
10:00 AM-11:00 AM	Zumba	Room 2	Rachel
11:00 AM-12:20 PM	Detox Yoga: The Purification	Room 3	Vishnu
2:30 PM-3:30 PM	Beginners Salsa	Room 2	Bishoy
4:00 PM-7:00 PM	Mixed Tennis Socials	Tennis	Jhun
4:00 PM-5:30 PM	Youths Aikido	Room 2	Alan
5:30 PM-7:00 PM	Adults Aikido	Room 2	Alan
7:00 PM-8:30 PM	Advanced Aikido	Room 2	Alan

## SATURDAY

TIME	CLASS	LOCATION	INSTRUCTOR
9:00 AM-10:00 AM	Spinning	Room 2	Tarek
9:30 AM-10:50 AM	Vinyasa Power Yoga	Room 3	Julia
11:00 AM-12:20 PM	Hatha Yoga: The Transformation	Room 3	Vishnu
1:00 PM-2:00 PM	Shotokan Karate	Room 2	Ahmed
2:00 PM-3:30 PM	Children's Musical Theatre	Room 2	SMDC
4:00 PM-5:30 PM	Youths Aikido	Room 2	Alan
5:30 PM-6:50 PM	Slimming Power Yoga	Room 3	Marica
5:30 PM-7:00 PM	Adults Aikido	Room 2	Alan

### NOTES

- The class will automatically be cancelled if there's less than 3 people in the class.
- All yoga classes except Vishnu's classes require reservation, please call 3320 2331.
- For SMDC class inquiries and registration please contact [info@smdancecompany.com](mailto:info@smdancecompany.com)
- SMDC classes will start on September 7.
- Spinning on September 4, 9, and 16 will be replaced by Tarek.
- Spinning on September 1 is cancelled.
- Saturday Slimming Power Yoga at 5:30 PM is only available until September 20.

