

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Aqua Aerobic George 9 am Pillar Pool Boot camp Ashakiran 6 pm Pillar Gym
Body Pump George 9 am Pillar Gym Body Balance Ashakiran 6 pm Pillar Gym	Aqua Aerobic George 9 am Pillar Pool Mobility Ashakiran 6 pm Pillar Gym	Mobility Ashakiran 6 pm Pillar Gym	Tabata George 9 am Pillar Gym	Stretching George 9 am Pillar Gym Zumba Ashakiran 6 pm Movement Studio 2nd floor (LADIES ONLY)	Boot camp George 9 am Pillar Gym Yoga Ashakiran 6 pm Movement Studio 2nd floor	Aqua Aerobic George 9 am Pillar Pool Boot camp Ashakiran 6 pm Pillar Gym
2	3	4	5	6	7	8
Body Pump George 9 am Pillar Gym Body Balance Ashakiran 6 pm Pillar Gym	Aqua Aerobic George 9 am Pillar Pool Mobility Ashakiran 6 pm Pillar Gym	Mobility Ashakiran 6 pm Pillar Gym	Tabata George 9 am Pillar Gym	Stretching George 9 am Pillar Gym Zumba Ashakiran 6 pm Movement Studio 2nd floor (LADIES ONLY)	Boot camp George 9 am Pillar Gym Yoga Ashakiran 6 pm Movement Studio 2nd floor	Aqua Aerobic George 9 am Pillar Pool Boot camp Ashakiran 6 pm Pillar Gym
9	10	11	12	13	14	15
Body Pump George 9 am Pillar Gym Body Balance Ashakiran 6 pm Pillar Gym	Aqua Aerobic George 9 am Pillar Pool Mobility Ashakiran 6 pm Pillar Gym	Mobility Ashakiran 6 pm Pillar Gym	Tabata George 9 am Pillar Gym	Stretching George 9 am Pillar Gym Zumba Ashakiran 6 pm Movement Studio 2nd floor (LADIES ONLY)	Boot camp George 9 am Pillar Gym Yoga Ashakiran 6 pm Movement Studio 2nd floor	Aqua Aerobic George 9 am Pillar Pool Boot camp Ashakiran 6 pm Pillar Gym
16	17	18	19	20	21	22
Body Pump George 9 am Pillar Gym Body Balance Ashakiran 6 pm Pillar Gym	Aqua Aerobic George 9 am Pillar Pool Mobility Ashakiran 6 pm Pillar Gym	Mobility Ashakiran 6 pm Pillar Gym	Tabata George 9 am Pillar Gym	Stretching George 9 am Pillar Gym Zumba Ashakiran 6 pm Movement Studio 2nd floor (LADIES ONLY)	Boot camp George 9 am Pillar Gym Yoga Ashakiran 6 pm Movement Studio 2nd floor	
23	24	25	26	27	28	

Class Attire: Please wear comfortable athletic clothing and supportive shoes to ensure a safe and effective workout. Avoid loose accessories to prevent any interference during movements. For aqua aerobics wear a secure swimsuit designed for active movement; we also ask participants to take a quick shower before entering the pool to maintain hygiene and water quality.

Arrival Time: We recommend arriving at least 15 minutes before the class to check in, set up any needed equipment, and help us start smoothly and on time.

HIIT Workout	High-Intensity Interval Training (HIIT) combines short bursts of intense exercise with recovery periods, making it ideal for fat burning and enhancing cardiovascular endurance.	Stretching	A series of exercises designed to lengthen muscles and improve flexibility, reducing soreness and promoting faster muscle recovery.
Aqua Aerobics	Low-impact, water-based aerobic exercises designed to enhance cardiovascular health, build strength, and improve flexibility—perfect for all fitness levels.	Zumba	A dance-based cardio workout set to energetic music, blending Latin and international dance moves for a fun, social, and invigorating exercise experience.
Mobility Training	This training focuses on enhancing joint flexibility and range of motion, helping to prevent injuries and improve overall movement efficiency in daily life.	Yoga	A mindful practice centered on breath control, meditation, and poses that cultivate flexibility, strength, and inner calm.
Tabata	A type of HIIT workout with 20 seconds of intense exercise followed by 10 seconds of rest, repeated for four minutes per exercise, known for its fat-burning benefits.	Fitness Party	An upbeat workout session set to lively music, creating a festive atmosphere with a blend of cardio and dance exercises for a fun, high-energy experience.
Body Pump	A barbell-based workout using light to moderate weights with high repetitions to build strength, tone muscles, and improve endurance.	Functional Training	Exercises that replicate everyday movements, enhancing strength, balance, and coordination to support overall physical function and daily mobility.