

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A M					7:30am - 8:30am Intermediate Level Amanda Tiong		
		9:00am - 10:00am Beginner Level Ong Lan See	9:30am - 10:30am Beginner Level Yen Lei	8:30am - 9:30am Beginner Level Yumi Okamoto	9:00am - 10:00am Beginner Level Yumi Okamoto	9:15am - 10:15am Intermediate Level Marlene Awyoung	9:10am - 10:10am Beginner Level Doris Ong
	9:30am - 10:30am Intermediate Level Keren Ong						
		10:30am - 11:30am Beginner Level Yumi Okamoto	10:45am - 11:45am Intermediate Level Doris Ong	10:30am - 11:30am Beginner Level Marlene Awyoung		10:20am - 11:20am Beginner Level Marlene Awyoung	10:15am - 11:15am Beginner Level Doris Ong
P M	12:00pm - 1:00pm Intermediate Level Doris Ong	12:00pm - 1:00pm Intermediate Level Yumi Okamoto					11:30am - 12:30pm Intermediate Level Amanda Tiong
	1:05pm - 2:05pm Beginner Level Ong Lan See		12:30pm - 1:30pm Beginner Level Doris Ong	12:30pm - 1:30pm Beginner Level Ruth Yuen	12:30pm - 1:30pm Beginner Level Adrienne Tan	12:45pm - 1:45pm Beginner Level Susan Woo	12:45pm - 1:45pm Beginner Level Amanda Tiong
						2:00pm - 3:00pm Beginner Level Susan Woo	2:15pm - 3:15pm Beginner Level Yumo Pan
		4:30pm - 5:30pm Beginner Level Adeline Ng					3:30pm - 4:30pm Intermediate Level Yumo Pan
A f t e r 5 P M	5:40pm - 6:40pm Beginner Level Ertika Go		5:30pm - 6:30pm Beginner Level Ong Lan See	5:30pm - 6:30pm Intermediate Level Ming- Yee Kong	5:20pm - 6:20pm Beginner Level Marlene Awyoung		
	6:45pm - 7:45pm Beginner Level Ertika Go	6:45pm - 7:45pm Intermediate Level Laura Wang	6:45pm - 7:45pm Intermediate Level Ong Lan See	6:45pm - 7:45pm Beginner Level Doris Ong	6:30pm - 7:30pm Intermediate Level Ming- Yee Kong		
	8:00pm - 9:00pm Beginner Level Patricia Lau	8:00pm - 9:00pm Beginner Level Laura Wang	8:00pm - 9:00pm Beginner Level Ming- Yee Kong	8:00pm - 9:00pm Intermediate Level Doris Ong			

- + All Reformer Classes are of 60 mins duration
- + For specialized classes such as back care, pre and post natal, please contact us.

Updated: 30/7/2026

Benefits of Reformer Pilates

- *Develop a strong core
- *Improve posture
- *Gain long, lean muscles and flexibility
- *Create an evenly conditioned body, improve sports performance, and prevent injuries