

May-19

Monday		Tuesday	Wednesday		Thursday		Friday	Saturday		Sunday
Zumba Gate 2* Time: 7pm to 8pm Duration: 1 Hour	Power Intense by SuperFit Gate 7* Time: 7pm to 8.30pm Duration: 1.5 Hours	Boot Camp Gate 2* Time: 7pm to 8.30pm Duration: 1.5 Hours	Cardio Blast Gate 2* Time: 7pm to 8pm Duration: 1 Hour	Yoga Lawn Bowls* Time: 7pm to 8pm Duration: 1 Hour	Balance Epitome by SuperFit Gate 2* Time: 7pm to 8.30pm Duration: 1.5 Hours	ELXR® Fitness Assessment Gate 1 & 2* Time: 7pm - 9pm Duration: 2 Hours/session	Yoga Lawn Bowls* Time: 7pm to 8pm Duration: 1 Hour	Endurance Kaizen by SuperFit Gate 2* Time: 9am to 10.30am Duration: 1.5 Hours	ELXR® Fitness Assessment Gate 1 & 2* Time: 9am - 11am Duration: 2 Hours/session	Cardio Blast Gate 2* Time: 9am to 10am Duration: 1 Hour
			1 PH - MAY DAY		2 Balance Epitome - General Physical Preparedness		3 Leg Strengthening, Poses, Thigh, Inner Thigh	4 Endurance Kaizen - Endurance Type Workout		5 Freestyle Cardio and Zumba Fitness
6 Zumba Fitness	Power Intense - Power Type Workout	7 Total Body Endurance - Core Balancing	8 Cardio Blast & Fun Dance	Arm Poses, Shoulders and Inversion	9 Balance Epitome - General Physical Preparedness		10 Core Poses, Upper Back, Twisting	11 Endurance Kaizen - Endurance Type Workout	ELXR® Fitness Assessment	12 Cardio HIIT and Zumba Fitness
13 Zumba Fitness	Power Intense - Power Type Workout	14 Pyramid Workout - Abs Interval	15 Hi-lo Aerobics and Fun Dance	Hip Opening, Poses, Lower Back, Balancing	16 Balance Epitome - General Physical Preparedness	ELXR® Fitness Assessment	17 Arm Poses, Shoulders and Inversion	18 FIT-Session cancelled due to event		19 FIT-Session cancelled due to event
20 PH - VESAK DAY		21 Body HIIT - Core Conditioning	22 Fun Dance and and Freestyle Cardio	Arm Poses, Shoulders and Inversion	23 Balance Epitome - General Physical Preparedness		24 Leg Strengthening, Poses, Thigh, Inner Thigh	25 Endurance Kaizen - Endurance Type Workout		26 Hi-lo Aerobics and Zumba
27 Zumba Fitness	Power Intense - Power Type Workout	28 Pyramid Workout - Abs Interval	29 Hi-lo Aerobics and Fun Dance	Leg Strengthening, Poses, Thigh, Inner Thigh	30 Balance Epitome - General Physical Preparedness		31 Core Poses, Upper Back, Twisting			

***Venues subject to change. Please register for Experience Sports FIT-Sessions to get the latest update on venue change and/or cancellation.**