

## MAY CLASS SCHEDULE - PREMIUM

	MON	TUE	WED	THUR	FRI	SAT
AM				<b>Reformer</b> <b>By Spiritus Pilates</b> 8:00am - 9:00am  <b>Reformer</b> <b>By Spiritus Pilates</b> 9:00am - 10:00am		
MID	<b>Reformer</b> <b>By I Rene Pung</b> 1:00pm - 2:00pm	<b>Reformer</b> <b>By Spiritus Pilates</b> 12:00pm - 1:00pm  <b>Reformer</b> <b>By Spiritus Pilates</b> 1:00pm - 2:00pm	<b>Reformer</b> <b>Pre-Natal</b> <b>By I Rene Pung</b> 12:00pm - 1:00pm  <b>Reformer</b> <b>By I Rene Pung</b> 1:00pm - 2:00pm	<b>Reformer</b> <b>By Spiritus Pilates</b> 12:00pm - 1:00pm	<b>Reformer</b> <b>By Spiritus Pilates</b> 12:00pm - 1:00pm  <b>Reformer</b> <b>By Spiritus Pilates</b> 1:00pm - 2:00pm	
PM	<b>Reformer</b> <b>By Spiritus Pilates</b> 6:15pm - 7:15pm  <b>Reformer</b> <b>By Spiritus Pilates</b> 7:15pm - 8:15pm	<b>Reformer</b> <b>By Spiritus Pilates</b> 6:00pm - 7:00pm  <b>Reformer</b> <b>By Spiritus Pilates</b> 7:00pm - 8:00pm  <b>Prima Ballerina</b> <b>Strength &amp; Flexibility</b> <b>By Evelyn Wong</b> 7:30pm - 8:30pm	<b>Reformer</b> <b>By I Rene Pung</b> 7:00pm - 8:00pm	<b>Reformer</b> <b>By I Rene Pung</b> 6:30pm - 7:30pm		

Information is accurate as at the time of printing. Core Collective reserves the right to amend as required.

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## MAY CLASS SCHEDULE - STANDARD GROUP

	MON	TUE	WED	THUR	FRI	SAT
AM	<b>Bodypump</b> By Jorge Jimenez 10:00am - 11:00am	<b>Circuit Training</b> By Jorge Jimenez 8:00am - 9:00am	<b>Bodyjam</b> By Jorge Jimenez 10:00am - 11:00am  <b>Circuit Training</b> By Jorge Jimenez 11:00am - 12:00pm	<b>Bodycombat</b> By Jorge Jimenez 10:00am - 11:00am  <b>ABT</b> By Jorge Jimenez 11:00am - 12:00pm	<b>Bodypump</b> By Jorge Jimenez 9:00am - 10:00am	
MID		<b>ABT</b> By Jorge Jimenez 12:00pm - 1:00pm  <b>Calisthenics Shred</b> By Start Station Haaziq 12:15pm - 1:00pm  <b>PilatesX</b> By I Rene Pung 12:30pm - 1:30pm  <b>Calisthenics Strength</b> By Start Station Haaziq 1:15pm - 2:00pm	<b>PrimalFlow</b> By Zul Adnan 12:15pm - 1:15pm  <b>Core360</b> By Start Station Haaziq 12:15pm - 1:00pm  <b>Intro to Hand stands</b> By Start Station Haaziq 1:15pm - 2:00pm	<b>Intro to Hand-stands</b> By Start Station Haaziq 12:15pm - 1:00pm  <b>TRX HIIT</b> By I Rene Pung 12:15pm - 1:15pm  <b>Core360</b> By Start Station Haaziq 1:15pm - 2:00pm	<b>Bodycombat</b> By Jorge Jimenez 12:00pm - 1:00pm  <b>Boxing</b> By Lawrence Cartwright 12:00pm - 1:00pm  <b>Calisthenics Strength</b> By Start Station Haaziq 12:15pm - 1:00pm  <b>Calisthenics Shred</b> By Start Station Haaziq 1:15pm - 2:00pm	<b>Bodyjam</b> By Jorge Jimenez 12:00pm - 1:00pm
PM	<b>Bodycombat</b> By Jorge Jimenez 6:00pm - 7:00pm  <b>ABT</b> By Jorge Jimenez 7:00pm - 8:00pm  <b>Pilates Mat</b> By I Rene Pung 7:30pm - 8:30pm	<b>Bodyjam</b> By Jorge Jimenez 7:00pm - 8:00pm	<b>Bodypump</b> By Jorge Jimenez 6:00pm - 7:00pm  <b>Boxing</b> By Lawrence Cartwright 6:30pm - 7:30pm  <b>MMA</b> By Nazri Sutari 8:00pm - 9:30pm	<b>Circuit Training</b> By Jorge Jimenez 6:00pm - 7:00pm  <b>Aerial Yoga Stretch</b> By Esther Sim 6:30pm - 7:30pm  <b>Muay Thai</b> By Vincent Chew 7:30pm - 8:30pm	<b>Aerial Yoga Stretch</b> By Esther Sim 6:30pm - 7:30pm  <b>Latino Jam</b> By Jorge Jimenez 7:00pm - 8:00pm	

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