

MOMENTUMLAB

Refining Physical Intelligence

CLASS SCHEDULE

Oct-18

Time	MONDAY	TUES	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7:15 AM		Closed		Gravity: PILATES				
8:00 AM				Gravity: PILATES				
9:15 AM	Gravity: PILATES			BURN!- HIIT - 45 mins	Pilates on BOSU	Gravity: CARDIO		
9:30 AM							GET-HIIT (NEW)	BOSU-TABATA
10:30 AM	Pilates on the circuit			Gravity: PILATES	Gravity: PILATES	CrossCore Legs Bums & Tums	6-Pack Attack	Core-listhenics (7th & 14th Oct)
	CrossCore Legs Bums & Tums							CoreBalance180 (21st & 28th Oct)
11:30 AM								
11:45 AM							Gravity Amplified	
12:30 PM								
1:00 PM							Gravity: PILATES	
1:45 PM								Gravity: PILATES
2:00 - 5:00 PM	Personal Training		Personal Training					
5:30 PM	Gravity: PILATES			Gravity: PILATES				
6:30 PM	Gravity: PILATES			Spartacus - Strength & Cardio				
7:00 PM	Pilates Core Strength			Pilates on BOSU				
7:30 PM	CardioPUNCH Circuit		CardioPUNCH Circuit					
			Pilates on the circuit					
8:00 PM								
8:30 PM								

Gravity: PILATES	Pilates on The Gravity Training System	BOSU-TABATA (NEW)	Intensified cardio + core conditioning on a Bosu Ball	CrossCore (Legs Bums &Tums)	Rotational Bodyweight Training to train your legs bums & tums
CoreBalance180	Workout for your Core, Balance & Strength	Pilates on the circuit	Pilates Equipment-based Workout	6-Pack Attack	Flat Abs + Killer Confidence = A hard Strong Core
CardioPUNCH Circuit	Circuit-based boxing training	Pilates Core Strength	Pilates Core challenge with props	Cali-HIIT	A pro-calisthenics HIIT street workout to raise your heart rate & burn calories
Pilates on BOSU	Pilates Core work on BOSU	Gravity: CARDIO	Pump up with Gravity & Cardio Exercises	Spartacus - Strength & Cardio	A 45 min Bodyweight HIIT for Stamina and Strength
Gravity Amplified	Take a notch up & defy Gravity	Core-listhenics	A Calisthenics core workout for muscular conditioning	GET-HIIT (NEW)	A new HIIT which will challenge seasoned practitioners & beginners a quicker way to see results

- Terms & Conditions**
- 1) Momentum reserves the right to change the schedule without prior notice
 - 2) Minimum 2 to start a group class
 - 3) Advance booking is required
 - 4) 24 hours Cancellation Policy Apply