



TRAIN | MOVE | RECOVER | CONNECT

A photograph of three fitness instructors in mid-motion, performing a dynamic exercise like a lunge or step-up. They are wearing athletic gear: a man on the left in a grey tank top and black shorts, a woman in the center in a white crop top and black leggings, and a man on the right in a white t-shirt and teal shorts. The background is dark, and the image has a high-contrast, energetic feel.

12th - 31st JANUARY 2026

GROUP EXERCISE SCHEDULE

12th - 31st
JANUARY 2026



FIDELITY
FITNESS CLUB

TRAIN | MOVE | RECOVER | CONNECT

GROUP EXERCISE
CLASS SCHEDULE

MAIN STUDIO

7:00 10:00 11:05 12:10 18:10 19:15 20:20

MON	LesMills BODYPUMP JULIANA	Below The Belt JULIANA			LesMills BODYCOMBAT JOHN	LesMills BODYPUMP JOHN	SWING YOGA ALEXANDRA
TUE		LesMills BODYPUMP JULIANA			LesMills BODYATTACK EMANUEL	FIGHTING FIT JOHN	TRX JULIANA
WED	Pilates JOHN	Below The Belt JULIANA			LesMills BODYPUMP JULIANA	LesMills BODYCOMBAT JOHN	SWING YOGA AMIT
THU		LesMills BODYPUMP JOHN			FIGHTING FIT JOHN	LesMills BODYATTACK EMANUEL	TRX JULIANA
FRI	LesMills BODYPUMP JOHN	SWING YOGA AMIT			LesMills BODYCOMBAT JOHN	LesMills BODYPUMP JOHN	
SAT	9:00 AM LesMills BODYATTACK NIKITA	LesMills BODYPUMP JULIANA	Below The Belt JULIANA	HATHA YOGA AMIT			
SUN	9:00 AM LesMills BODYCOMBAT JOHN	FIGHTING FIT JOHN	Pilates JOHN	ZUMBA ANTON			

PLEASE NOTE:
The schedule may change during the
upcoming Phase 2 refurbishment.

REMINDERS:
Please arrive on time
No entry after class has started

12th - 31st
JANUARY 2026



FIDELITY

FITNESS CLUB

TRAIN | MOVE | RECOVER | CONNECT

GROUP EXERCISE
CLASS SCHEDULE

POOLSIDE

MEZZANINE

CYCLE STUDIO

18:10 19:15 20:20 18:00 20:00 7:00 18:10 19:15 20:20

MON

ANTON	ALEXANDRA	JULIANA	FITNESS TEAM	FITNESS TEAM	VIRTUAL	JULIANA	LINDA	VIRTUAL

TUE

JOHN	JULIANA		FITNESS TEAM	FITNESS TEAM	LINDA	LINDA	SOMI	VIRTUAL

WED

JOHN	ANTON	JULIANA	FITNESS TEAM	FITNESS TEAM	VIRTUAL	LINDA	JULIANA	VIRTUAL

THU

JULIANA	JOHN		FITNESS TEAM	FITNESS TEAM	JOHN	MARJ	JULIANA	VIRTUAL

FRI

ANTON			FITNESS TEAM	FITNESS TEAM	VIRTUAL	JULIANA	VIRTUAL	VIRTUAL

SAT

					1:15 PM			
					LesMills RPM	JULIANA	VIRTUAL	VIRTUAL

SUN

					1:15 PM			
					GROUP CYCLE	JOHN	VIRTUAL	VIRTUAL

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ABOUT YOUR CLASSES

LES MILLS **BODYATTACK**

A high-energy, athletic training experience designed to improve cardiovascular fitness, coordination, and full-body endurance through dynamic, sports-inspired movement.



LES MILLS **BODYBALANCE**

A mindful fusion of yoga, Tai Chi, and Pilates designed to improve flexibility, build functional strength, and restore physical and mental balance.



LES MILLS **BODYCOMBAT**

A full-body barbell workout designed to improve muscular strength, bone density, and endurance through high-repetition resistance training guided by expert coaching.



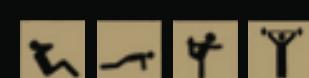
LES MILLS **BODYPUMP**

A high-energy, athletic training experience designed to improve cardiovascular fitness, coordination, and full-body endurance through dynamic, sports-inspired movement.



LES MILLS **CORE**

A focused training 45-minute session designed to strengthen the core, improve stability, and enhance movement control for both everyday life and athletic performance.



LES MILLS **RPM**

A structured indoor cycling workout designed to improve cardiovascular fitness, endurance, and lower-body power through guided, music-driven intervals.



LES MILLS **VIRTUAL RPM**

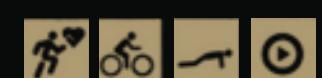
Immersive, studio-quality cycling sessions led by world-class Les Mills instructors.



Available on demand whenever the Cycle Studio is not in use.

LES MILLS **VIRTUAL sprint**

A high-intensity interval cycling experience designed to improve power output, cardiovascular fitness, and anaerobic capacity in a short, focused session.



Available on demand whenever the Cycle Studio is not in use.



CARDIO



CORE

CYCLE



COMBAT



DANCE



ENDURANCE



FLEXIBILITY



HIIT



VIRTUAL



MIND &
BODY



STRENGTH



ABOUT YOUR CLASSES



HATHA YOGA

A traditional, steady-paced yoga practice focused on posture, breathing, flexibility, and strength to support both physical and mental balance.

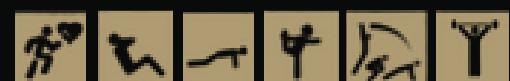


A low-impact, precision-based training method designed to build core strength, improve posture, and enhance muscular balance through controlled movement.



TRX

A suspension-based strength class that builds core stability, balance, and full-body control using bodyweight resistance to improve movement quality and joint-friendly strength



ZUMBA

A dance-based cardio workout combining Latin and global rhythms to improve cardiovascular fitness, coordination, and full-body movement.



CARDIO

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VIRTUAL

MIND &
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STRENGTH



ABOUT YOUR CLASSES

FIDELITY FITNESS CLUB SIGNATURE CLASSES

BELOW THE BELT

A lower-body and core conditioning class designed to strengthen the hips, legs, and trunk while improving balance, stability, and functional movement control.



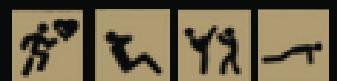
FAST CLASS ABS

A focused core-training session designed to strengthen the abdominal muscles, support posture, and improve trunk stability through efficient, controlled movements.



FIGHTING FIT

A boxing-based conditioning experience designed to build cardiovascular capacity, coordination, and total-body power through structured rounds of punch work and athletic movement.



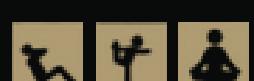
GROUP CYCLE™

A rhythm-driven indoor cycling experience focused on improving endurance, lower-body strength, and aerobic performance in a motivating group environment.



SWING YOGA

A suspended yoga experience using fabric hammocks to support movement, enhance spinal mobility, and create a sense of lightness, control, and physical release.



CARDIO

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Enjoy immersive, cinematic-quality cycle sessions that deliver all the energy of a live class — on your schedule.

Available throughout the day whenever the Cycle Studio is not in use for a scheduled class.

Our team will be happy to assist you with more details.



BOOK YOUR SPOT

Secure your place in class through the
Fidelity Fitness Club App.



DOWNLOAD THE APP

Scan the QR code for your device to get started.