

# NEW YEAR 2026

## GROUP FITNESS ACTIVITIES

**27TH DECEMBER  
SATURDAY**

**5:00 PM**  
FULL BODY CIRCUIT TRAINING 45 MIN

**28TH DECEMBER  
SUNDAY**

**9:00 AM**  
MORNING STRETCHING & MOBILITY 30 MIN  
**11:00 AM**  
FITNESS FOR KIDS (TEAM GAMES, RELAYS, SIMPLE WORKOUTS) 30 MIN  
**6:00 PM**  
SINGING BOWLS MEDITATION 30 MIN

**29TH DECEMBER  
MONDAY**

**9:00 AM**  
MORNING STRETCHING & MOBILITY 30 MIN  
**11:00 AM**  
FITNESS FOR KIDS (DANCE, RHYTHM AND FUN STRETCHING EXERCISES) 30 MIN  
**5:00 PM**  
CORE & BALANCE (STABILISATION + ABS) 30 MIN

**30TH DECEMBER  
TUESDAY**

**9:00 AM**  
MORNING STRETCHING & MOBILITY 30 MIN  
**11:00 AM**  
FITNESS FOR KIDS (SPORTS GAMES - DODGEBALL, MINI COMPETITIONS)  
**5:30 PM**  
CIRCUIT TRAINING 30 MIN

**31ST DECEMBER  
WEDNESDAY  
NEW YEAR'S EVE**

**9:00 AM**  
MORNING STRETCHING & MOBILITY 30 MIN  
**11:00 AM**  
FITNESS FOR KIDS (CHILDREN LEAD SIMPLE EXERCISES - "LITTLE TRAINERS") 30 MIN  
**4:00 PM**  
BREATHING TECHNIQUES FOR STRESS RELIEF 30 MIN

**1ST JANUARY  
THURSDAY  
NEW YEAR'S DAY**

**11:00 AM**  
BREATHING TECHNIQUES FOR STRESS RELIEF 30 MIN  
**12:00 PM**  
FITNESS FOR KIDS (LIGHT BALANCE AND MOVEMENT GAMES) 30 MIN  
**5:00 PM**  
FAMILY WORKOUT (GROUP GAMES AND EXERCISES) 30 MIN

**2ND JANUARY  
FRIDAY**

**9:00 AM**  
MORNING STRETCHING & MOBILITY 30 MIN  
**11:00 AM**  
FITNESS FOR KIDS (MINI CIRCUITS: SHORT EXERCISES WITH BREAKS)  
**5:00 PM**  
CARDIO TRAINING 30 MIN

**3RD JANUARY  
SATURDAY**

**9:00 AM**  
MORNING STRETCHING & MOBILITY 30 MIN  
**11:00 AM**  
FITNESS FOR KIDS (JUMPING AND MOVEMENT-BASED PLAY)  
**6:00 PM**  
SINGING BOWLS MEDITATION 30 MIN

**4TH JANUARY  
SUNDAY**

**9:00 AM**  
MORNING STRETCHING & MOBILITY 30 MIN