



IGBIS



Wellbeing & Fitness Options

Fitness classes begin the week of March 20 and end on June 15.

The Mindfulness courses begin on March 29 and run for 8 weeks through to May 17.

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.15 AM	Fitness Center @ Turnstiles	Zumba Instructor: Jacinda Cost: RM 35 / Max 15 pax. Sign up HERE prior to the class and Pay via the details below.		Walk the Track Bring water, tea or coffee and walk the track with others. (Please use the outside of the track if PE classes are in session!)	Yoga Instructor: Adrian & Tanya Cost: RM 50 Join the WhatsApp class list HERE and Pay prior to the class via the details below.	Walk the Track Bring water, tea or coffee and walk the track with others. (Please use the outside of the track if PE classes are in session!)	Family Hike (TBC) Families can meet at the location below on the date listed. Don't forget water, a hat, sunscreen and whatever else might be needed for a 2-3 hour urban hike. These hikes are not guided, but an opportunity for like-minded, nature and fitness loving families to get out together! Hike Notes: • Bukit Kiara is paved and more accesible for younger students or novice hikers • Bukit Gasing is a mix of terrain • Bukit Bintang is more steep and adventurous April 1, 9:00 AM Bukit Kiara Hill Walk - park and then meet at the ticket booth at the start of the hike HERE April 29, 8:30AM Bukit Sri Bintang Hill Walk - park and then meet at the start of the hike HERE (earlier start time due to less tree cover, bring hats and extra water)	Family Hike (TBC) Families can meet at the location below on the date listed. Don't forget water, a hat, sunscreen and whatever else might be needed for a 2-3 hour urban hike. These hikes are not guided, but an opportunity for like-minded, nature and fitness loving families to get out together! Hike Notes: • Bukit Kiara is paved and more accesible for younger students or novice hikers • Bukit Gasing is a mix of terrain • Bukit Bintang is more steep and adventurous April 16, 9:00 AM Bukit Gasing - park on the road and meet at the trailhead HERE May 21, 8:30AM Bukit Kiara Hill Walk - park and then meet at the ticket booth at the start of the hike HERE
	PVO Room							
1.30 PM	Fitness Center @ Turnstiles			Pilates Instructor: Adrian & Tanya Cost: RM 50 Join the WhatsApp class list HERE and Pay prior to the class via the details below.				
	PVO Room			Mindfulness Course (Parents) Instructor: Tek Yen Cost: RM 882 for 8 weeks. Sign up HERE . Further info HERE . Payment details will follow after signup.				
4.30 PM	Fitness Center @ Turnstiles	*Starting at 4.00 PM HIIT Circuit Training* Instructor: Jacinda Cost: RM 35 / Max 15 pax. Sign up HERE prior to the class and Pay via the details below.	Yoga Instructor: Adrian & Tanya Cost: RM 50 Join the WhatsApp class list HERE and Pay prior to the class via the details below.	HIIT Circuit Training Instructor: Jacinda Cost: RM 35 / Max 15 pax. Sign up HERE prior to the class and Pay via the details below.				
	PVO Room			Mindfulness Course (Staff) Instructor: Tek Yen Cost: RM 882 for 8 weeks. Sign up HERE . Further info HERE . Payment details will follow after signup.				

**** Pay in advance before each class using the details below (exception is for the Mindfulness course which is an 8-week commitment paid upfront) ****

Zumba and HIIT		 DuitNow QR Code	Yoga and Pilates		 DuitNow QR Code	Mindfulness	
Name	Jacinda Rae Webb		Name	Tanya Spearritt		Name	Details will be provided to those who sign up using the link above in the course description.
DuitNow Account	+6010 891 1097		CIMB Account	7005 555 634		DuitNow Account	
Big Pay Account	8669 960 339 8442					Big Pay Account	