

Lose to Win® – Schedule for Conditioning Classes (2nd – 29th August 2021)

	0800 - 0900	1000 – 1100	1130 – 1230	1530 – 1630	1930 – 2030
Monday		LIIT (Low Impact Interval Training)			Megadanz®
Tuesday	Zumba Fitness			Kickboxing HIIT	
Wednesday		Pop Pilates			Full Body Circuit
Thursday	EZ Tabata			BollyBeats®	
Friday		KpopX Fitness			Dance HIIT
Saturday		Cardio Blast	Health Talks	Cardio Hip Hop	
Sunday		K-Kardio		STRONG Nation™	

All health talks will be conducted every Saturday, 1130-1230pm on Zoom

Health Talk Topics for Lose to Win® Conditioning Classes (2nd – 29th August 2021)

Conditioning Week 1	Goal setting for weight management
Conditioning Week 2	Nutritional Guidelines for better health and fat loss
Conditioning Week 3	Exercise effectively and safely for the long run
Conditioning Week 4	Strategies to eat healthily

Lose to Win® – Schedule for Workout Sessions (30th August – 21st November 2021)

	<i>0800 - 0900</i>	<i>1000 – 1100</i>	<i>1200 – 1300</i>	<i>1530 – 1630</i>	<i>1930 – 2030</i>
Monday	HIIT	Dance Based	Toning	HIIT	Dance Based
Tuesday	Dance Based	HIIT	Toning	Dance Based	HIIT
Wednesday	HIIT	Dance Based	Toning	HIIT	Dance Based
Thursday	Dance Based	HIIT	Toning	Dance Based	HIIT
Friday	HIIT	Dance Based	Toning	HIIT	Dance Based
Saturday	Dance Based	HIIT	Toning	Dance Based	HIIT
Sunday	HIIT	Dance Based	Toning	HIIT	Dance Based

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Health Talk Topics for Lose to Win® Programme Season (30th August – 21st November 2021)

Week 1	Goal setting for weight management
Week 2	Ways to increase metabolism
Week 3	Checklist for great eating habits
Week 4	Makeover for your fridge
Week 5	Designing your own weight loss exercise programme
Week 6	How to keep on track in your weight management journey
Week 7	Calories management for healthy weight loss
Week 8	Cardio vs Strength, which is better for weight loss?
Week 9	Manifesting positivity in your life
Week 10	Fad diets... Do they work?
Week 11	Life hacks to a better you
Week 12	Strategies for a successful long-term weight loss