

NEW AEROBIC TIME-TABLE FROM 1st JUNE 2014

TIME/DAYS	6:45-7:45AM	8:00-9:00AM	9:05-10:05AM	10:05AM- 5:55PM	6:00-7:00PM	7:00-8:PM
MONDAY	HIP HOP ABS	POWER WORKOUT		<ul style="list-style-type: none"> • PERSONAL TRAINING (Book from front desk) • PING PONG CHALLENGE • BALLET: WED, FRI time 2:30pm) and SATUR time 12pm-2pm • TAEKWONDO (MON & WED RESISTANCE CHALLENGE) • CHILD'S MUSICAL AND ART ACADEMY:TUE,FRI, SATUR AND SUN • SATURDAY: spinning class on starts from (1ST)6:30-7:00, (2ND)7:05-7:35, (3RD)7:40-7:58, spinning class 10:10-11:40 	POWER WORKOUT	
TRAINER	VICTOR	CHRIS			PATRICK	JOE
TUESDAY	STRENGHT TRAINING	STEP CARDIO			HIP HOP ABS	YOGA/PILATES
TRAINER	SOLO	MONDAY			VICTOR	ISAAC
WEDNESDAY	SPINNING CLASS	SPINNING CLASS			SPINNING CLASS	SPINNING CLASS
TRAINER	CHRIS	MONDAY			JOE	VICTOR
THURSDAY	RESISTANCE CHALLENGE	ZUMBA			DANCE -FIT	RESISTANCE CHALLENGE
TRAINER	PATRICK	JOE			NAS	SOLO
FRIDAY	INSANITY	COMBAT CLASS		STEP CARDIO	TOBO GAM	
TRAINER	MONDAY	CHIRS		PATRICK	SOLO	
SATURDAY	SPINNING CLASS	DANCE-FIT	YOGA/PILATES	GYM WORKOUT	GYM WORKOUT	
TRAINER		NASS	ISAAC			

FITNESS CLASSES TIME-TABLE IS SUBJECT TO CHANGE BASED ON THE CLUB'S DISCRETION.