

CHERAS

Dear Members & Guests,

Kindly to take note on below schedule :

14th June 2018 (THURSDAY)

OPERATION HOUR : 09.00am – 08.00pm

HARI RAYA AIDILFITRI EVE SCHEDULE

09.00am – 10.00am	Basic Yoga (E) by Au Yong
10.15am – 11.15am	Hatha (E-I) by Au Yong
10.45am – 11.45am	Tabata by CK
11.15am – 12.15pm	Vinyasa (I) by Eric
12.00pm – 01.00pm	Strength & Endurance by CK
05.00pm – 06.00pm	Hatha (E) by Jenny
06.15pm – 07.30pm	Hatha (I-A) (75mins) by Jenny
06.30pm – 07.30pm	ACT Pilates (E) by Tony

