

## CHERAS

Dear Members & Guests,

Kindly to take note on below schedule :

**18th June 2018 (MONDAY)**

**OPERATION HOUR : 09.00am – 08.00pm**

### **HARI RAYA AIDILFITRI REPLACEMENT SCHEDULE**

09.00am – 10.00am	Yogilates (I) (75mins) by Ken
10.15am – 11.15am	Yin Therapeutic (E) by Winnie
10.45am – 11.45am	Props Fit (E) by Dennis
11.30am – 12.30pm	Yin Yang Yoga (E) by Winnie
12.00pm – 01.00pm	Aroma Yoga (E) by Dennis
05.00pm – 06.00pm	Hatha Flow (E) by Matthew
06.15pm – 07.30pm	Movement & Breath (I-A) (75mins) by Matthew
06.30pm – 07.30pm	Tabata by CK

