



## PLAZA DAMAS

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	Hatha Flow (I) by Jenny
10.15am – 11.30am	Hatha (I-A) (75mins) by Jenny
11.45am – 12.45pm	Pilates (E) by Regine
01.15pm – 02.15pm	Yin Yoga (E) by Regine
02.00pm – 03.00pm	Hatha (E) by Matthew
03.15pm – 04.30pm	Movement & Breath (I-A) (75mins) by Matthew
06.00pm – 07.00pm	Yogilates (I) by Ken
06.30pm – 07.45pm	Hatha Flow (I-A) (75mins) by Ping

