



SCHEDULE OF JANUARY 2019 (CHERAS)

MONDAY						
08.00am Yogilates (I) (75mins) Ken	08.45am Kinetic Flow (E) Wilfred	10.00am *Props Fit (E)* Dennis	10.15am Abxercise (E) Wilfred	11.15am Aroma Yoga (E) Dennis	11.45am Gentle Flow (I) Keane	06.00pm Hatha (E-I) Au Yong
06.15pm Hatha Flow (E) Matthew	06.30pm Tabata CK	07.15pm Basic Yoga (E) Au Yong	07.30pm (75mins) Movement & Breath (I-A) Matthew	08.45pm Hot Pilates (E) Joanne		

TUESDAY						
08.00am Hatha Aligment (E) Belinda	09.15am (75mins) Hatha Aligment(I-A) Belinda	09.30am Hot Stretch (E) Xenia	10.15am Zumba Xanthus	10.45am Vinyasa Flow (E-I) Xenia	11.30am ZumbaChata Tony	01.00pm Restorative Yoga(E) Vivian
06.00pm *Props Fit (E)* Dennis	06.15pm *TR* Hot Flow (I) Feris	06.30pm Pilates (E) Ethan	07.15pm Aroma Yoga (E) Dennis	07.35pm *TR* Zumba Taffy	08.00pm Active Fascia (E-I) Ethan	

WEDNESDAY						
08.00am Hatha (E) Jenny	08.30am Flow (E-I) Matthew	09.15am (75mins) Hatha Flow (I-A) Jenny	09.30am Active Fascia (E-I) Ethan	10.45am Aero Para Jeff	10.45am Pilates (E) Ethan	11.45am Hatha (E) Matthew
06.15pm *TR* Hatha (E-I) Darren	06.30pm *TR* Nirvana (E) MJ	07.15pm *TR* Dynamic (I) (75mins) Darren	07.30pm Bootcamp CK	08.45pm Hatha Flow (E) Jennifer		

THURSDAY						
08.00am Basic Yoga (E) Au Yong	08.30am Vinyasa (I) Eric	09.15am Hatha (E-I) Au Yong	09.30am Body Conditioning Denisa	10.30am Kinetic Flow (E-I) Dennis	10.45am Fitball (E) Denisa	06.00pm ACT Pilates (E) Tony
06.15pm Vinyasa Flow (I) Eric	06.30pm Hatha (E) Jenny	07.30pm Hatha (E) Eric	07.45pm Hatha (I-A) (75mins) Jenny	08.45pm Gentle Flow (E-I) Courtney		

FRIDAY						
08.00am Gentle Flow (I) Raiy	09.15am Zumba Raiy	10.00am *Props Fit (E)* Dennis	10.30am (75mins) Pilates (I-A) Ken	10.30am (90mins) Movement & Breath (A) Matthew	11.15am Chair Yoga (E) Dennis	12.30pm Hatha (E) Matthew
06.00pm Fitball (I) Ti Mei	06.15pm (75mins) Hatha Flow (I-A) Jenny	07.00pm Kick Boxing Bobby	07.15pm Gentle Flow (E) Ti Mei	08.10pm Tabata CK		

SATURDAY						
09.00am *Props Fit (E)* Dennis	09.45am *Body Sculpt* Rykiel	10.15am Aromatic Yoga (E) Dennis	10.45am Pilates (E) Tony	11.00am Belly Dance Rykiel	12.00pm ZumbaChata Tony	02.00pm Hatha (E) Eric
03.15pm Gentle Flow (I) Eric						

SUNDAY						
09.00am Kinetic Flow (E) Darren	09.30am *TR* Barre Sulpt Jay	10.15am (75mins) In Motion Flow (I-A) Darren	10.45am *TR* Pilates (E) Jay	11.30am Zumba Kristin	01.00pm Aero Para Jeff	02.00pm Vinyasa (E) Donald

Elementary : E
Intermediate : I
Advance : A

TR : Temporary Replace
Roll Out on Sunday : Limit 18pax only
Props Fit (E) : Limit 20pax only
Body Sculpt on Saturday : Limit 23pax only

* There is no provision of towel services at Cheras & Damas outlet, you are required to bring your own.
* The management reserves the right to make changes to the classes and instructors without prior notice.



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