



SCHEDULE OF JANUARY 2019 (PLAZA DAMAS)

MONDAY						
08.00am Hatha Aligment (I) Belinda	09.15am (75mins) Hatha Aligment (I-A) Belinda	09.30am Hatha (E) Mr. Gan	10.30am Body Sculpt Phui See	10.45am (75mins) Vinyasa Flow (I-A) Mr. Gan	01.00pm Hatha (E) Xenia	06.30pm Hatha (E) iRyne
06.45pm Hot Flow (I) Apple	07.30pm *TR* Body Sculpt Denisa	07.45pm (75mins) Vinyasa Flow (I-A) iRyne	08.00pm Hot Flow (E) Kim			

TUESDAY						
08.00am Pilates (I-A) (75mins) Ethan	09.15am Body Conditioning Denisa	09.30am Gentle Flow (E-I) Matthew	10.30am Fitball (E) Denisa	10.45am *Props Fit (E)* Dennis	10.30am (75mins) Movement & Breath (I-A) Matthew	02.00pm *TR* Myring Flow (E) Szeto
03.15pm *TR* Restorative Yoga (E) Szeto	06.15pm Ashtanga LED (I) Matthew	06.30pm Zumba Kristin	06.45pm Hatha Flow (I) Apple	07.30pm Pilates (E) Catherine	07.45pm Tabata Denisa	08.00pm Hatha (E) Apple
08.45pm Yin Yoga (E) Catherine						

WEDNESDAY						
08.00am Wheel Flow (E) Darren	09.00am Pilates (I) (75 mins) Ken	09.15am Hatha Flow (I) Darren	10.15am (75mins) Hatha Alignment (I-A) Belinda	10.30am Flow (I) Xenia	11.45am mY Stretch (E) Xenia	01.00pm *Chair Yoga (E)* Dennis
02.30pm Aromatic Yoga (E) Dennis	06.15pm Vinyasa Flow (E) Esther	06.30pm Circuit-Training Denisa	06.30pm (75mins) Hatha Vinyasa (I-A) Mavis Soh	07.30pm Abxercise (E) Wilfred	07.45pm Gentle Flow (E) Esther	08.00pm Hatha Alignment (E-I) Mavis Soh

THURSDAY						
08.00am Hatha Flow (I) Jenny	09.15am Hatha (I-A) (75mins) Jenny	10.45am Pilates (E-I) Regine	12.00pm Yin Yoga (E) Regine	02.30pm Hatha (E) Iris	03.45pm Women's Yoga (I) Iris	06.15pm Yogilates (I) Ken
06.30pm (90mins) Hatha Flow (I-A) Ping	06.45pm *Props Fit (E)* Dennis	07.30pm Vinyasa (I-A) (75mins) Matthew	08.00pm Aroma Hot Chair Yoga (E) Dennis	08.45pm Hatha (E) Matthew		

FRIDAY						
08.00am Hatha (E) Eric	09.15am (75mins) Vinyasa Flow (I-A) Eric	10.45am *Body Sculpt* Miely	01.00pm Wheel Yoga (E) Catherine	02.30pm Restorative Yoga (E) Catherine	06.15pm Hot Stretch (I) Catherine	06.30pm (75mins) Vinyasa Flow (I-A) Eric
07.30pm Power Yoga (E) Phoenix	07.45pm Body Barre (E) Miely	08.00pm Hatha (E) Eric	08.45pm Gentle Flow (I) Phoenix			

SATURDAY						
09.00am Basic Yoga (E) Au Yong	09.15am Yoga Wheel (E-I) Darren	09.30am (75mins) *Pilates (I)* Ken	10.15am Hatha Yoga (I) Au Yong	10.30am (75mins) In Motion Flow (I-A) Darren	11.00am Yogilates (I) (75mins) Ken	11.30am Zumba Alex Chin
02.00pm *TR* Hatha (E) Jay						

SUNDAY						
09.00am Pilates (E) Tony	10.00am Hatha (E) Jenny	10.45am Fitball (E) Denisa	11.15am (75mins) Hatha Flow (I-A) Jenny	12.15pm Hot Stretch (E) Catherine	02.00pm Hatha (E) Catherine	03.15pm Tabata CK

Elementary : E
Intermediate : I
Advance : A

TR : Temporary Replace
Body Sculpt on Friday : Limit 15pax only
Props Fit (E) : Limit 20pax 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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