

CHERAS

Dear Members & Guests,

Kindly to take note on below schedule :

27th JUNE 2017 (TUESDAY)

OPERATION HOUR : 09.00am – 08.00pm

HARI RAYA AIDILFITRI 3rd DAY SCHEDULE

09.00am – 10.00am	Hatha Alignment (E) by Belinda
10.15am – 11.30am	Hatha Alignment (I-A) (75mins) by Belinda
10.45am – 11.45am	Hot Stretch (E) by Xenia
11.30am – 12.30pm	Zumba by Kristin
12.00pm – 01.00pm	Vinyasa Flow (E-I) by Xenia
01.30pm – 02.30pm	YoShape (E) by Dennis
02.30pm – 03.30pm	Pilates (E) by Jennifer Lee
02.45pm – 03.45pm	In-Trinity by Dennis
03.45pm – 04.45pm	Hatha Yoga (I) by Jennifer Lee
06.00pm – 07.00pm	Strength & Endurance by CK

