

## SCHEDULE OF 15TH OCTOBER 2020 - 31ST OCTOBER 2020 (PLAZA DAMAS)

MONDAY					
08.00am	09.15am	09.30am	10.45am	06.30pm *TR*	06.45pm
Hatha Alignment (I) Belinda	Hatha Alignment (I-A) Belinda	Hatha (E) Mr. Gan	Vinyasa Flow (I-A) Mr. Gan	Hatha (E) Matthew	Gentle Flow (I) Apple
07.45pm					
Fatburn Extreme Shahril					

TUESDAY					
08.00am	09.15am	09.30am	10.45am	02.00pm	06.15pm
Pilates (I-A) Ethan	Body Toning CK	Gentle Flow (E-I) Matthew	Movement & Breath (I-A) Matthew	Myring Flow (E) Szeto	Ashtanga LED (I) Matthew
06.30pm	07.45pm	08.00pm			
Hatha Flow (I) Apple	Zumba Kristin	Hatha (E) Apple			

WEDNESDAY					
08.00am	09.00am	09.30am	10.30am	01.00pm	06.15pm
Functional Yoga (E) Darren	Pilates (I) Ken	Hatha Flow (I) Darren	Flow (I) Xenia	Chair Yoga (E) Dennis	Vinyasa Flow (E) Dennis Ng
06.30pm	07.45pm	08.00pm			
Hatha Vinyasa (I-A) Mavis Soh	Abxercise (E) Wilfred	Hatha Alignment (E-I) Mavis Soh			

THURSDAY					
08.00am	09.15am	10.45am *TR*	01.30pm	02.45pm	06.15pm
Hatha Flow (I) Jenny	Hatha (I-A) Jenny	Pound Fitness MJ	Hatha (E) Iris	Women's Yoga (I) Iris	Yogilates (I) Ken
06.30pm	07.45pm	08.00pm			
Hatha Flow (I-A) Ping	Props Fit (E) Dennis	Vinyasa (I-A) Matthew			

FRIDAY					
08.00am	09.15am	10.45am *TR*	01.00pm	06.15pm	06.30pm
Hatha (E) Eric	Vinyasa Flow (I-A) Eric	Body Toning CK	Hatha (E) Catherine	Motion Flow (E-I) Dennis Ng	Vinyasa Flow (I-A) Eric
08.00pm					
Hatha (E) Eric					

SATURDAY					
09.00am	09.15am	10.00am	10.30am	10.45am	02.00pm
Basic Yoga (E) Au Yong	Functional Yoga (E-I) Darren	Pilates (I) Ken	Hatha Yoga (I) Au Yong	In Motion Flow (I-A) Darren	Hatha (E) Dennis Ng

SUNDAY					
09.00am	10.00am	11.15am	12.15pm *TR*	02.00pm	03.15pm
Pilates (E) Tony	Hatha (E) Jenny	Hatha Flow (I-A) Jenny	Stretch (E) Xenia	Hatha (E) Catherine	Body Toning CK

Elementary : E Intermediate : I Advance : A
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*TR* : Temporary Replace
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\* 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.

