



## **CHERAS**

Dear Members & Guests,

Kindly to take note on below schedule :

**1st FEBRUARY 2018 (THURSDAY)**

**OPERATION HOUR : 09.00am – 08.00pm**

### **FEDERAL TERRITORY DAY SCHEDULE**

09.00am – 10.00am	Basic Yoga (E) by Au Yong
09.30am – 10.30am	Vinyasa (I) by Eric
10.15am – 11.15am	Hatha (E-I) by Au Yong
10.30am – 11.30am	Fitball Core (E) by Denisa
11.45am – 12.45pm	Roll-Out (E) by Denisa
05.00pm – 06.00pm	Hatha (E) by Jenny
06.15pm – 07.30pm	Hatha (I-A) (75mins) by Jenny
06.30pm – 07.30pm	ACT Pilates (E) by Tony