



PLAZA DAMAS

Dear Members & Guests,

Kindly to take note on below schedule :

1st FEBRUARY 2017 (WEDNESDAY)

OPERATION HOUR : 09.00am – 05.00pm

FEDERAL TERRITORY DAY SCHEDULE

09.00am – 10.00am	Hatha Flow (E) by Darren
09.30am – 10.45am	Pilates (I) (75mins) by Ken
10.15am – 11.15am	Hatha Flow (I) by Darren
10.30am – 11.30am	Flow (I) by Xenia
11.45am – 12.45pm	mY Stretch (E) by Xenia
01.00pm – 02.00pm	Zumba by Miely
02.00pm – 03.00pm	Hatha (E) by Iris
03.15pm – 04.15pm	Detox Yoga (E) by Iris