

SCHEDULE OF 1ST NOVEMBER 2020 - 14TH NOVEMBER 2020 (CHERAS)

MONDAY					
08.00am	09.30am *TR*	10.30am	11.00am	06.00pm	06.30pm
Yogilates (I) Ken	Ritmo Dance Kiki	Gentle Flow (I) Keane	Chair Yoga (E) Dennis	Hatha (E-I) Mr.Gan	Tabata CK
07.30pm					
Basic Yoga (E) Mr.Gan					

TUESDAY					
08.00am	09.15am	10.15am *TR*	11.00am	12.30pm	06.00pm
Hatha Alignment (E) Belinda	Hatha Alignment (I-A) Belinda	Ritmo Dance Kiki	Vinyasa Flow (E-I) Tai	Restorative Yoga (E) Vivian	YoFit (E) Dennis
06.30pm	07.30pm *TR*	07.45pm			
Pilates (E) Ethan	Zumba Alex Chin	Unwind Pilates (E-I) Ethan			

WEDNESDAY					
08.00am	09.15am	09.45am	10.45am	11.00am	06.00pm
Hatha (E) Jenny	Pilates (E) Ethan	Hatha Flow (I-A) Jenny	Active Rehab (E) Ethan	Aero Para Jeff	Functional Yoga (E) Darren
06.30pm	07.30pm	07.45pm *TC*			
Flow (I) Feris	Energy Flow (E-I) Darren	Metafit CK			

THURSDAY					
08.00am	08.30am	09.30am	10.00am *TR*	11.30am	06.00pm
Hatha (E-I) Eric	mYstretch (E) Xenia	Tabata CK	Hatha (E-I) Dennis Ng	Aroma Yoga (E) Dennis	ACT Pilates (E) Tony
06.30pm	07.30pm *CC*				
Hatha (E) Jenny	Gentle Flow (E-I) Eric				

FRIDAY					
08.00am	09.30am	10.30am	11.00am	12.30pm	06.00pm
Gentle Flow (E-I) Xenia	Zumba Hui Ying	Movement & Breath (I-A) Matthew	Vinyasa Flow (E) Dennis Ng	Hatha (E) Matthew	Basic Yoga (E) Au Yong
06.45pm	07.30pm				
Vinyasa Flow (I-A) Jenny	Strong By Zumba Bobby				

SATURDAY					
09.00am	09.30am	10.30am	11.00am	12.00pm	02.00pm
Motion Flow (E) Dennis Ng	Pilates (E) Tony	Metafit Suki	Simple Core Flow (E) Dennis Ng	Zumba Taffy	Hatha (E) Eric

SUNDAY					
09.00am	09.30am *TR*	10.30am	11.30am *TR*	01.00pm	03.00pm
Functional Yoga (E) Darren	Body Toning CK	Energy Flow (I) Darren	Hatha (E-I) Tai	Vinyasa (E) Donald	Aero Para Jeff

Elementary : E Intermediate : I Advance : A

TR : Temporary Replace *TC* : Time Change *CC* : Class Change
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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.



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