



SCHEDULE OF AUGUST 2019 (CHERAS)

| MONDAY | | | | | | |
|--|--|--------------------------------------|--|--------------------------------------|-------------------------------------|----------------------------------|
| 08.00am Yogilates (I) (75mins) Ken | 08.45am Kinetic Flow (E) Wilfred | 10.00am *Props Fit (E)* Dennis | 10.15am Abxercise (E) Wilfred | 11.15am Aroma Yoga (E) Dennis | 11.45am Gentle Flow (I) Keane | 06.00pm Hatha (E-I) Mr Gan |
| 06.15pm Hatha Flow (E) Matthew | 06.30pm Tabata CK | 07.15pm Basic Yoga (E) Mr Gan | 07.30pm (75mins) Movement & Breath (I-A) Matthew | 08.45pm Hot Pilates (E) Joanne | | |

| TUESDAY | | | | | | |
|--|--|-------------------------------------|--|--|---|--|
| 08.00am Hatha Aligment (E) Belinda | 09.15am (75mins) Hatha Aligment(I-A) Belinda | 09.30am Hot Stretch (E) Xenia | 10.15am Zumba Xanthus | 10.45am Vinyasa Flow (E-I) Xenia | 11.30am Aero Para Jeff | 01.00pm Restorative Yoga(E) Vivian |
| 06.00pm *Props Fit (E)* Dennis | 06.15pm Hot Flow (I) Feris | 06.30pm Pilates (E) Ethan | 07.15pm Aromatic Yoga (E) Dennis | 07.35pm Zumba Taffy | 08.00pm Active Fascia (E-I) Ethan | |

| WEDNESDAY | | | | | | |
|----------------------------------|----------------------------------|---|---|---------------------------------------|---------------------------------|---------------------------------|
| 08.00am Hatha (E) Jenny | 08.30am Flow (E-I) Matthew | 09.15am (75mins) Hatha Flow (I-A) Jenny | 09.30am Active Fascia (E-I) Ethan | 10.45am Aero Para Jeff | 10.45am Pilates (E) Ethan | 11.45am Hatha (E) Matthew |
| 06.15pm Hatha (E-I) Darren | 06.30pm Vinyasa (E) Tai | 07.15pm Dynamic (I) (75mins) Darren | 07.30pm Bootcamp CK | 08.45pm Hatha Flow (E) Jennifer | | |

| THURSDAY | | | | | | |
|--------------------------------------|--------------------------------|-----------------------------------|--|--|---|------------------------------------|
| 08.00am Basic Yoga (E) Au Yong | 08.30am Vinyasa (I) Eric | 09.15am Hatha (E-I) Au Yong | 09.30am Tabata CK | 10.00am *TC* Props Yoga (E) Dennis | 11.15am *CC* Aromatic Yoga (E) Dennis | 06.00pm ACT Pilates (E) Tony |
| 06.15pm Vinyasa Flow (I) Eric | 06.30pm Hatha (E) Jenny | 07.30pm Hatha (E) Eric | 07.45pm Hatha (I-A) (75mins) Jenny | 08.45pm Gentle Flow (E-I) Courtney | | |

| FRIDAY | | | | | | |
|------------------------------------|---|--------------------------------------|--|--|-------------------------------------|---------------------------------|
| 08.00am Gentle Flow (I) Raiv | 09.15am Zumba Raiv | 10.00am *Props Fit (E)* Dennis | 10.30am (75mins) Pilates (I-A) Ken | 10.30am (90mins) Movement & Breath (A) Matthew | 11.15am Chair Yoga (E) Dennis | 12.30pm Hatha (E) Matthew |
| 06.00pm Hatha (E-I) Au Yong | 06.15pm (75mins) Hatha Flow (I-A) Jenny | 07.00pm Strong by Zumba Bobby | 07.15pm Basic Yoga (E) Au Yong | 08.10pm Tabata CK | | |

| SATURDAY | | | | | | |
|--------------------------------------|----------------------------|--|--------------------------------|---------------------------|-------------------------------|------------------------------|
| 09.00am *Props Fit (E)* Dennis | 10.00am Metafit Suki | 10.15am Aromatic Yoga (E) Dennis | 10.45am Pilates (E) Tony | 11.00am Zumba Taffy | 12.00pm ZumbaChata Tony | 02.00pm Hatha (E) Eric |
| 03.15pm Gentle Flow (I) Eric | | | | | | |

| SUNDAY | | | | | | |
|---------------------------------------|---|--|---|-----------------------------|----------------------------------|------------------------------|
| 09.00am Kinetic Flow (E) Darren | 09.30am Pilates (I) Audrey (Fern) | 10.15am (75mins) In Motion Flow (I-A) Darren | 10.45am Pilates (E) Audrey (Fern) | 11.30am Zumba Kristin | 01.30pm Vinyasa (E) Donald | 02.45pm Aero Para Jeff |

Elementary : E
Intermediate : I
Advance : A

TR : Temporary Replace
CC : Class Change
TC : Time Change
Props Fit (E) : Limit 20pax only

* 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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