




All about fitness & wellness

## SCHEDULE OF 1ST NOVEMBER 2020 - 14TH NOVEMBER 2020 (PLAZA DAMAS)

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

TUESDAY					
<b>08.00am</b> Pilates (I-A) Ethan	<b>09.15am</b> Body Toning CK	<b>09.30am</b> Gentle Flow (E-I) Matthew	<b>10.45am</b> Movement & Breath (I-A) Matthew	<b>02.00pm</b> Myring Flow (E) Szeto	<b>06.15pm</b> Ashtanga LED (I) Matthew
<b>06.30pm</b> Hatha Flow (I) Apple	<b>07.30pm *TC*</b> Zumba Kristin 	<b>07.45pm *TC*</b> Hatha (E) Apple			

WEDNESDAY					
<b>08.00am</b> Functional Yoga (E) Darren	<b>09.00am</b> Pilates (I) Ken	<b>09.30am</b> Hatha Flow (I) Darren	<b>10.30am</b> Flow (I) Xenia	<b>01.00pm</b> Chair Yoga (E) Dennis	<b>06.15pm</b> Vinyasa Flow (E) Dennis Ng
<b>06.30pm *TR*</b> Hatha Vinyasa (I-A) Eric	<b>07.45pm</b> Abxercise (E) Wilfred				

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

FRIDAY					
<b>08.00am</b> Hatha (E) Eric	<b>09.15am</b> Vinyasa Flow (I-A) Eric	<b>10.45am *TR*</b> Body Toning CK	<b>01.00pm</b> Hatha (E) Catherine	<b>06.15pm</b> Motion Flow (E-I) Dennis Ng	<b>06.30pm</b> Vinyasa Flow (I-A) Eric
<b>07.45pm *TC*</b> Hatha (E) Eric					

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

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

Elementary : E  
Intermediate : I  
Advance : A

\*TR\* : Temporary Replace  
\*TC\* : Time Change

\* 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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