



PLAZA DAMAS

Dear Members & Guests,

Kindly to take note on below schedule :

16th SEPTEMBER 2020 (WEDNESDAY)

OPERATION HOUR : 09.00am – 05.00pm

MALAYSIA DAY SCHEDULE

09.00am – 10.00am	Functional Yoga (E) by Darren
10.30am – 11.30am	Hatha Flow (I) by Darren
11.00am – 12.00pm	Pilates (I) by Ken
01.00pm – 02.00pm	Hatha (E-I) by Eric
02.00pm – 03.00pm	Chair Yoga (E) by Dennis
03.15pm – 04.15pm	Vinyasa Flow (E) by Dennis Ng