
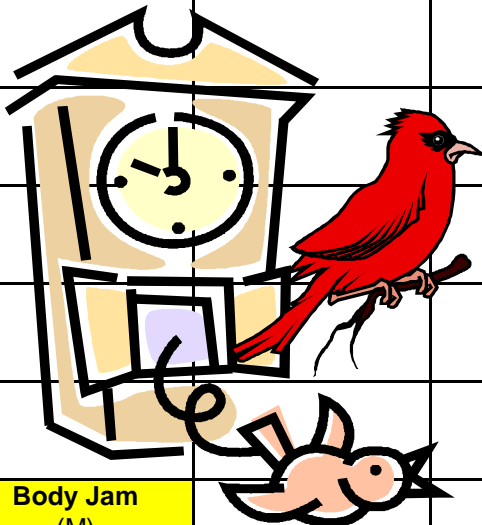
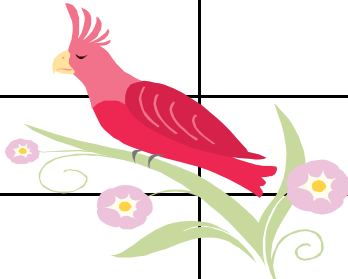



GROUP X STUDIO 1

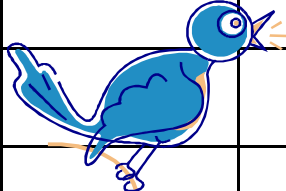
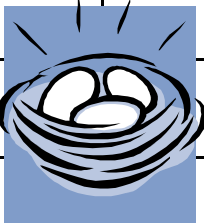

FEBRUARY 06 - 12, 2012

	MON 06/02	TUE 07/02	WED 08/02	THURS 09/02	FRI 10/02	SAT 11/02	SUN 12/02
7:00 8:00							
8:15 9:15							
9:30 10:30							
10:45 11:45						Body Combat (M) JANE	Tai Chi (M) THIP
12:00 13:00						STEP (I) JANE	Body Jam (M) JANE
13:15 14:15		Body Jam (M) K-RO				Pilates (M) KEN	Body Combat (M) JANE
14:30 15:30		Intro Aerobic (B) TUDTU			Low Impact (B/I) BERM	Body Jam (M) MEW	Body Pump (M) TOP
15:45 16:45	STEP (B/I) KENG		Intro Aerobic (B) KID	Tai Chi (M) AOR	Body Combat (M) K-RO	STEP (B/I) KID	ZUMBA (M) THANG
17:00 18:00	Intro Aerobic CLINIC (B*) TUDTU	Intro STEP CLINIC (B*) TUDTU	Intro STEP (B) TUDTU	Intro Aerobic CLINIC (B*) TUDTU	Body Pump (M) POOK 😊	Body Combat (M) TOP	Intro Aerobic (B) KENG
18:10 19:10	Body Balance (M) WOOD 😊	Body Jam (M) JANE	Body Jam (M) BOW	Double STEP (I) JANE	Intro STEP CLINIC (B*) TUDTU	DANCE MOVES (M) GOLF	HIP HOP (M) ALI
19:20 20:20	Body Jam (M) K-RO	STEP EXpress (A) TOY	Body Pump (M) POOK	Body Combat (M) K-RO	Body Combat (M) BEN		
20:30 21:30	Body Combat (M) K-RO	Body Combat (M) TOP		Body Jam (M) JANE	Body Jam (M) K-RO		

(B) = Beginner (I) = Intermediate (A) = Advance (M) = Multi-Level
 😊 Replacement Instructor

GROUP X STUDIO 2

FEBRUARY 06 - 12, 2012


	MON 06/02	TUE 07/02	WED 08/02	THURS 09/02	FRI 10/02	SAT 11/02	SUN 12/02
7:00 8:00			Intro STEP (B) 6:30 - 7:30 WOOD			 Heart 	
8:15 9:15							
9:30 10:30	Intro Aerobic CLINIC (B*) KENG	Double STEP (I) JANE	Intro Aerobic CLINIC (B*) KENG				
10:45 11:45	Body Combat (M) TON	Body Combat (M) JANE	Body Pump (M) WOODY	Low Impact (B/I) TOY	Body Combat (M) TOP		
12:00 13:00	Body Pump (M) TON	Body Pump (M) WOODY	Body Combat (M) TOP	BODY & MIND (M) MUU 😊	Body Pump (M) TOP	Body Pump (M) WOODY	Intro STEP (B) KENG
13:15 14:15	Intro STEP (B) BERM	FREE DANCE (M) CO-COE	Low Impact (B/I) KENG	Body Jam (M) K-RO	Intro Aerobic (B) WOOD	POP DANCE (M) POP	Low Impact (B/I) KENG
14:30 15:30	Intro Aerobic (B) BERM	Pilates (M) MUU	Pilates (M) WOOD	Intro STEP (B) TUDTU	Pilates (M) WOOD	Intro Aerobic (B) KID	Double STEP (I) TI
15:45 16:45	FREE DANCE (M) CO-COE	Intro STEP (B) KENG	FREE DANCE (M) MON	Body Combat (M) TOP	STEP (B/I) BERM	Intro STEP CLINIC (B*) WOOD	Intro STEP (B) TUDTU
17:00 18:00	Burn & Sculpt (M) POOK	Low Impact (I) JANE	Body Combat (M) TOP	Body Pump (M) TOP	Body Balance (M) WOOD	Burn & Sculpt (M) NENG	Hi/Low (A) JANE
18:10 19:10	Intro Aerobic (B) TUDTU	ABT (M) WOOD	Hi/Low (A) BERM	Intro Aerobic (B) BERM	Hi/Low (A) NOTE	Body Pump (M) TOP	Body Balance (M) TOP
19:20 20:20	Hi/Low (A) KENG	Body Pump (M) TOP & KENG	JAZZERCISE (I) THANG	Hi/Low (A) TOY	HIP HOP (M) MON		
20:30 21:30	Body Pump (M) WOODY	Body Balance (M) WOOD	Burn & Sculpt (M) POOK	Body Pump (M) POOK	Body Pump (M) BEN		

(B) = Beginner (I) = Intermediate (A) = Advance (M) = Multi-Level

😊 Replacement Instructor

GROUP X STUDIO 3

FEBRUARY 06 - 12, 2012

	MON 06/02	TUE 07/02	WED 08/02	THURS 09/02	FRI 10/02	SAT 11/02	SUN 12/02
17:30 18:30	Low Impact (B/I) BERM	Pilates Ball (M) MUU ☺	STEP (B/I) KID	Pilates Ball (M) MUU	Tai Chi (M) THIP	 <p style="text-align: center;">STUDIO 3 @ LG FLOOR</p>	
18:40 19:40	GYM BALL (M) NENG	Tai Chi (M) MUU	Intro Aerobic CLINIC (B*) TUDTU	DANCE MOVES (M) GOLF	Intro STEP (B) K-RO		
19:50 20:50	DANCE MOVES (M) GOLF	DANCE MOVES (M) GOLF	Body Combat (M) TOP	Low Impact (B/I) BERM	STEP EXpress (A) 19:50 - 21:20 TOY		

(B*) = New Member & New Join (B) = Beginner (I) = Intermediate (A) = Advance (M) = Multi-Level

☺ Replacement Instructor