



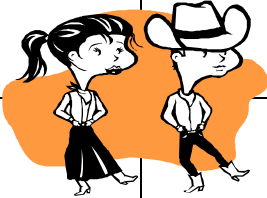



STUDIO A

FEB 06 - 12, 2012

Ngamwongwan
Khae - Rai

	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			BODY JAM (M) TONY				
8:30 9:30							
10:00 11:00		BODY JAM (M) K - RO	Intro Aerobic CLINIC (B/I) BEN	Low - Impact (B/I) NOTE			
11:30 12:30	Intro Aerobic (B) NOTE	Body Combat (M) K - RO	Body Combat (M) BEN	BODY PUMP (M) LEK			
13:00 14:00	BODY PUMP (M) LEK	Intro Aerobic (B) BERM	Intro Aerobic (B) LEK	INTRO STEP (B) BERM	INTRO STEP (B) KENG	STEP (B/I) KENG	INTRO STEP (B) NOTE
14:30 15:30					Intro Aerobic (B) JANE	BODY JAM (M) K - RO	Body Combat (M) TON
16:00 17:00						Body Combat (M) K - RO	BODY JAM (M) BOOMIE
17:10 18:10	Intro Aerobic (B) A	PILATES (M) LEK	BODY JAM (M) TONY	Body Combat (M) MIKIE	INTRO STEP (B) KENG	Intro Aerobic CLINIC (B) KENG	FREE DANCE (M) CO - COE
18:20 19:20	Body Combat (M) BEN	BODY PUMP (M) POOK / LEK	Body Combat (M) TON	Intro Aerobic (B) LEK	BODY JAM (M) JANE	POP DANCE (M) POP	Intro Aerobic (B) TON
19:30 20:30	BODY PUMP (M) BEN	Body Combat (M) TONY	FREE DANCE (M) CO - COE	BODY PUMP (M) LEK	POP DANCE (M) POP		
20:40 21:40	Body Balance (M) LEK	BODY JAM (M) TONY	BODY PUMP (M) TON				



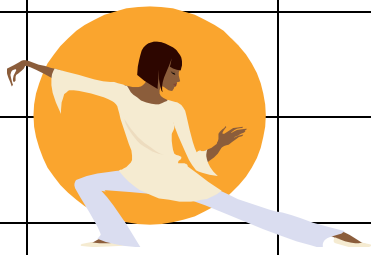



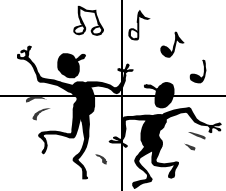
(B) = Beginner (I) = Intermediate (A) = Advance (M) = Multi-Level
☺ Replacement Instructor

STUDIO B

FEB 06 - 12, 2012

Ngamwongwan

Khae - Rai

	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							
8:30 9:30							
10:00 11:00							
11:30 12:30							
13:00 14:00							
14:30 15:30							
16:00 17:00							
17:10 18:10							
18:20 19:20	INTRO STEP (B) A	INTRO STEP (B) BERM	Low - Impact (B/I) NOTE	STEP (B/I) NOTE	BODY PUMP (M) TOP	INTRO STEP (B) NOTE	Body Balance (M) BOOMIE
19:30 20:30	BODY JAM (M) TONY	Intro Aerobic (B) BERM	Intro Aerobic (B) NOTE		Body Combat (M) JANE		
20:40 21:40							

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

☺ Replacement Instructor