

TRUE FITNESS - VVO

Group Exercise Schedule November 2011

STUDIO 1	MON 21-Nov	TUES 22-Nov	WED 23-Nov	THURS 24-Nov	FRI 25-Nov	SAT 26-Nov	SUN 27-Nov
7:15-8:15AM		<b>PILATES</b> DYNAMIC Melvyn	<i>Sivanada-B</i> Munish		<i>Yoga</i> Melvyn		
11:00-12:00pm						<b>LES MILLS</b> <b>BODYPUMP</b> Ben	<b>LES MILLS</b> <b>BODYPUMP</b> Rozanne
11:30-12:30PM							
12:00-1:00PM						<b>LES MILLS</b> <b>BODYCOMBAT</b> Ben	<b>LES MILLS</b> <b>BODYCOMBAT</b> Rozanne
12:15-1:15PM	<i>Yoga</i> Wenda	<i>Cardio Shape</i> Jenni	<i>Ashtanga Yoga</i> Munish	<b>BOLLYWOOD</b> Prince	<b>LES MILLS</b> <b>BODYCOMBAT</b> Fabian		
1:00-2:00PM						<i>Yoga</i> Ganesh	<i>Hatha Yoga 1</i> Rozanne
2:00-3:00PM						<i>Yoga II</i> Ganesh	<b>PILATES</b> Rozanne
2:45-3:45PM							
6:30-7:30PM	<b>LES MILLS</b> <b>BODYPUMP</b> Elaine	<b>LES MILLS</b> <b>BODYSTEP</b> Joeson	<b>LES MILLS</b> <b>BODYPUMP</b> Joeson	<b>LES MILLS</b> <b>BODYCOMBAT</b> Joeson	<b>LES MILLS</b> <b>BODYSTEP</b> Kel		
7:30-8:30PM	<b>LES MILLS</b> <b>BODYCOMBAT</b> Elaine	<b>LES MILLS</b> <b>BODYPUMP</b> Joeson	<b>LES MILLS</b> <b>BODYCOMBAT</b> Joeson	<i>Yoga</i> Jean	<b>LES MILLS</b> <b>BODYBALANCE</b> Kel		
8:30-9:30PM	<b>LES MILLS</b> <b>BODYBALANCE</b> Grace	<b>LES MILLS</b> <b>BODYBALANCE</b> Joeson	<b>MUAY THAI</b> Joeson©	<b>LES MILLS</b> <b>BODYJAM</b> Lee Tong	<i>Cardio Dance</i> Jerry		
<b>Indoor Cycling Experience</b>							
12:00-1:00PM						<b>INDOOR CYCLING EXPERIENCE</b> Gabriel (II)	<b>INDOOR CYCLING EXPERIENCE</b> Vincent (II)
12:15-1:15PM			<b>INDOOR CYCLING EXPERIENCE</b> Martin(II)		<b>INDOOR CYCLING EXPERIENCE</b> INTERVAL Martin		
12:30-1:30PM							
6:30-7:30PM		<b>INDOOR CYCLING EXPERIENCE</b> Martin(II)					
7:30-8:30PM	<b>INDOOR CYCLING EXPERIENCE</b> Amy Chow (II)	<b>INDOOR CYCLING EXPERIENCE</b> Martin(II)	<b>INDOOR CYCLING EXPERIENCE</b> Gabriel (II)	<b>INDOOR CYCLING EXPERIENCE</b> Joeson (II)			
For More Updates Please Call Our Clubs							
	GWC 6235 9622	STC 6820 9000	VVO 6278 3000	PPW 6348 2900	CSQ 6438 3833	CHV 6438 3000	

TRUE FITNESS - VVO

Group Exercise Schedule November 2011

STUDIO 1	MON 28-Nov	TUES 29-Nov	WED 30-Nov	THURS 1-Dec	FRI 2-Dec	SAT 3-Dec	SUN 4-Dec
7:15-8:15AM		<b>PILATES</b> DYNAMIC Meivyn	<i>Sivanada-B</i> Munish		<i>Yoga</i> Melvyn		
11:00-12:00pm						<b>BODYPUMP</b> Ben	<b>BODYPUMP</b> Rozanne
11:30-12:30PM							
12:00-1:00PM						<b>BODYCOMBAT</b> Ben	<b>BODYCOMBAT</b> Rozanne
12:15-1:15PM	<i>Yoga</i> Wenda	<i>Cardio Shape</i> Jenni	<i>Ashtanga Yoga</i> Munish	<b>BOLLYWOOD</b> Prince	<b>BODYCOMBAT</b> Fabian		
1:00-2:00PM						<i>Yoga</i> Ganesh	<i>Hatha Yoga 1</i> Rozanne
2:00-3:00PM						<i>Yoga II</i> Ganesh	<b>PILATES</b> Rozanne
2:45-3:45PM							
6:30-7:30PM	<b>BODYPUMP</b> Elaine	<b>BODYSTEP</b> Joeson	<b>BODYPUMP</b> Joeson	<b>BODYCOMBAT</b> Joeson	<b>BODYSTEP</b> Kel		
7:30-8:30PM	<b>BODYCOMBAT</b> Elaine	<b>BODYPUMP</b> Joeson	<b>BODYCOMBAT</b> Joeson	<i>Yoga</i> Jean	<b>BODYBALANCE</b> Kel		
8:30-9:30PM	<b>BODYBALANCE</b> Grace	<b>BODYBALANCE</b> Joeson	<b>MUAY THAI</b> Melvyn	<b>BODYJAM</b> Lee Tong	<i>Cardio Dance</i> Jerry		
<b>Indoor Cycling Experience</b>							
12:00-1:00PM						<b>INDOOR CYCLING EXPERIENCE</b> Gabriel (II)	<b>INDOOR CYCLING EXPERIENCE</b> Vincent (II)
12:15-1:15PM			<b>INDOOR CYCLING EXPERIENCE</b> Martin(II)		<b>INDOOR CYCLING EXPERIENCE</b> INTERVAL Martin		
6:30-7:30PM		<b>INDOOR CYCLING EXPERIENCE</b> Martin(II)					
7:30-8:30PM	<b>INDOOR CYCLING EXPERIENCE</b> Amy Chow (II)	<b>INDOOR CYCLING EXPERIENCE</b> Martin(II)	<b>INDOOR CYCLING EXPERIENCE</b> Gabriel (II)	<b>INDOOR CYCLING EXPERIENCE</b> Joeson (II)			
<p>For More Updates Please Call Our Clubs</p> <p>GWC      STC      VVO      PPW      CSQ      CHV</p> <p>6235 9622    6820 9000    6278 3000    6348 2900    6438 3833    6438 3000</p>							