


















	9 AM	10 AM	12 PM	6.30 PM	7.30 PM	8.30 PM	9.30 PM
MONDAY	FLOW YOGA SELINE	 ZUMBA FITNESS BECKY		 ZUMBA FITNESS YATT	 LES MILLS BODYCOMBAT ADRIAN	 LES MILLS BODYPUMP AARON	
TUESDAY	 ZUMBA FITNESS DANI			 LES MILLS BODYCOMBAT SYED	 LES MILLS BODYPUMP SYED	SALSATION / UJAM BECKY	
WEDNESDAY	 LES MILLS BODYPUMP STEVE			 LES MILLS BODYCOMBAT KELLE	LES MILLS SH'BAM GAVIN	YOGA XIANG	
THURSDAY	PILATES SELINE	 ZUMBA FITNESS ADELINA		 LES MILLS BODYPUMP SYED	 LES MILLS BODYCOMBAT BERRY	YOGA DORIS	 ZUMBA FITNESS ADELINA
FRIDAY				YOGA GERMAIN	LES MILLS SH'BAM ILLA	 LES MILLS BODYPUMP AARON	
SATURDAY		YOGA REGINE		LES MILLS SH'BAM JASON	 LES MILLS BODYCOMBAT JAYSEAN	 LES MILLS BODYPUMP SMITH	
SUNDAY	YOGA REGINE		 ZUMBA FITNESS ADELINA				