
























	7 AM	12.45 PM	6.15 PM	7.15 PM	8.15 PM	9.15 PM
MONDAY	YOGA SINTHA	 MARCUS	 PETER	 PETER	 BERRY	ABT BERRY
TUESDAY	HATHA YOGA NICO	FLOW YOGA SELINE <i>LADIES ONLY</i>	 ILLA	 MARCUS	HIIT/X MARCUS	9 PM  LILY
WEDNESDAY	 JONATHAN	FLOW YOGA SELINE	 DANIEL	 AMUTHA	POWER FUNK RONICIA	FLOW YOGA BRENDA
THURSDAY	FLOW YOGA JASON KHOR	PILATES ESTHER <i>LADIES ONLY</i>	 RIEZE	 RIEZE	 DANIEL	 MARCUS
FRIDAY	 SYED	 RIEZE	 WYNCY	 WYNCY / JON	POWER DANCE RONICIA	PEAK STRETCH & BEND YOGA RONICIA
SATURDAY	11 AM  AYU	12 PM  BERRY	1 PM  VINGENT	2 PM  RIEZE	3 PM	4 PM
SUNDAY				K-POP JUSTIN	DANCE X KEVIN	 MUZU