

PEAK FITNESS

GX SCHEDULE OCTOBER 2018 ENERGY STUDIO

	7 AM	12 PM	12.45 PM	6.15 PM	7.15 PM	8.15 PM	9.15 PM
MONDAY	YOGA SINTHA		LES MILLS BODYPUMP MARCUS	NEW! LES MILLS BODYSTEP PETER	LES MILLS SH'BAM PETER	LES MILLS BODYCOMBAT BERRY	
TUESDAY	HATHA YOGA NICO	NEW! TRX HYBRID JON	FLOW YOGA SHARON LADIES ONLY	LES MILLS SH'BAM ILLA	LES MILLS BODYPUMP MARCUS	NEW! TRX HYBRID MYKE	 ZUMBA FITNESS LILY
WEDNESDAY	LES MILLS BODYSTEP JONATHAN		FLOW YOGA SHARON	LES MILLS BODYCOMBAT DANIEL	NEW! LES MILLS BODYPUMP MYKE	POWER FUNK RONICIA	NEW! CORE MYKE
THURSDAY	FLOW YOGA JASON KHOR		PILATES ESTHER	LES MILLS BODYSTEP RIEZE	LES MILLS SH'BAM RIEZE	LES MILLS BODYCOMBAT JON	NEW!  ZUMBA FITNESS LILY
FRIDAY	LES MILLS BODYPUMP SYED		LES MILLS SH'BAM RIEZE	LES MILLS BODYPUMP WYNCY	LES MILLS BODYCOMBAT JON / ERIC	POWER DANCE RONICIA	PEAK STRETCH & BEND YOGA RONICIA
	11 AM	12 PM	1 PM	2 PM	3 PM	4 PM	
SATURDAY	LES MILLS SH'BAM AYU	LES MILLS BODYCOMBAT BERRY	LES MILLS BODYPUMP VINCENT	LES MILLS BODYSTEP RIEZE			
SUNDAY				K-POP JUSTIN	DANCE X KEVIN	LES MILLS BODYPUMP MUZU	