

PEAK FITNESS

GX SCHEDULE NOVEMBER 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	LES MILLS BODYSTEP PETER	LES MILLS SH'BAM PETER	LES MILLS BODYCOMBAT BERRY	ABT BERRY
TUESDAY	HATHA YOGA NICO	TRX HYBRID JON	FLOW YOGA SHARON LADIES ONLY	LES MILLS SH'BAM ILLA	LES MILLS BODYPUMP MARCUS	TRX HYBRID MYKE	 ZUMBA LILY
WEDNESDAY	LES MILLS BODYSTEP JONATHAN		FLOW YOGA SHARON	LES MILLS BODYCOMBAT DANIEL	LES MILLS BODYPUMP MYKE	POWER FUNK RONICIA	CORE MYKE
THURSDAY	FLOW YOGA JASON KHOR		PILATES ESTHER	LES MILLS BODYSTEP RIEZE	LES MILLS SH'BAM RIEZE	LES MILLS BODYCOMBAT JON & ZACH	 ZUMBA 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		
SATURDAY	LES MILLS SH'BAM AYU	LES MILLS BODYCOMBAT ZACH	LES MILLS BODYPUMP VINCENT	LES MILLS BODYSTEP RIEZE			
SUNDAY				K-POP JUSTIN	LES MILLS BODYPUMP MUZU		