

PEAK FITNESS

CLASS SCHEDULE DECEMBER 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		<i>LES MILLS</i> BODYPUMP MARCUS	<i>LES MILLS</i> BODYSTEP PETER	<i>LES MILLS</i> SH'BAM PETER	<i>LES MILLS</i> BODYCOMBAT BERRY	ABT BERRY
TUESDAY	HATHA YOGA NICO	TRX HYBRID JON	FLOW YOGA SHARON <i>LADIES ONLY</i>	<i>LES MILLS</i> SH'BAM ILLA	<i>LES MILLS</i> BODYPUMP MARCUS	TRX HYBRID MYKE	 ZUMBA LILY
WEDNESDAY	<i>LES MILLS</i> BODYSTEP JONATHAN		FLOW YOGA SHARON	<i>LES MILLS</i> BODYCOMBAT DANIEL	<i>LES MILLS</i> BODYPUMP MYKE	POWER FUNK RONICIA	CORE MYKE
THURSDAY	FLOW YOGA JASON KHOR		PILATES ESTHER	<i>LES MILLS</i> BODYSTEP RIEZE	<i>LES MILLS</i> SH'BAM RIEZE	<i>LES MILLS</i> BODYCOMBAT JON & ZACH	 ZUMBA LILY
FRIDAY	<i>LES MILLS</i> BODYPUMP SYED		<i>LES MILLS</i> SH'BAM RIEZE	<i>LES MILLS</i> BODYPUMP WYNCY	<i>LES MILLS</i> BODYCOMBAT JON / ERIC	POWER DANCE RONICIA	PEAK STRETCH & BEND YOGA RONICIA
	11 AM	12 PM	1 PM	2 PM	3 PM		
SATURDAY	<i>LES MILLS</i> SH'BAM AYU	<i>LES MILLS</i> BODYCOMBAT ZACH	<i>LES MILLS</i> BODYPUMP VINCENT	<i>LES MILLS</i> BODYSTEP RIEZE			
SUNDAY				K-POP JUSTIN	<i>LES MILLS</i> BODYPUMP MUZU		