







PEAK FITNESS

CLASS SCHEDULE DECEMBER 2018

PEAK PERFORMANCE BLOCK - 30 MINS & PEAK FIGHT 

	7 AM	12.30 PM	1 PM	6.35 PM	7 PM	7.15 PM	7.30 PM
MONDAY					 AB		
TUESDAY				PEAK PERFORMANCE BLOCK MYKE			 NASRUL
WEDNESDAY		 AB			 NASRUL		
THURSDAY					 AB	PEAK PERFORMANCE BLOCK JON	
FRIDAY					 AB		
SATURDAY			1 PM				
SUNDAY							