






# PEAK FITNESS

# CLASS SCHEDULE JANUARY 2019

## ENERGY STUDIO

	8.10AM	9.20AM	10.30AM	5.00PM	6.10PM	7.20PM	8.30PM
MONDAY	HATHA YOGA MICHELLE Q	<b>NEW TIME!</b> LES MILLS <b>BODYATTACK</b> JUVEEN/ JUNZI	<b>NEW CLASS!</b> BELLY DANCE BEATRICE		STEP CORE YVONNE	LES MILLS <b>BODYPUMP</b> TERRENCE	 AMY
TUESDAY	LES MILLS <b>BODYPUMP</b> DARYL	LES MILLS <b>BODYCOMBAT</b> DARYL	 MELISSA		LES MILLS <b>BODYPUMP</b> PATRICK	LES MILLS <b>BODYCOMBAT</b> PATRICK	LES MILLS <b>SH'BAM</b> RICKKIT
WEDNESDAY	HATHA YOGA MICHELLE Q	<b>NEW CLASS!</b> FITBALL YVONNE	<b>NEW CLASS!</b> LATIN DANCE JIMMY		KONGA ANNE	LES MILLS <b>BODYPUMP</b> KEN	LES MILLS <b>BODYATTACK</b> HARRIS / JUNZI
THURSDAY	LES MILLS <b>BODYCOMBAT</b> JASTIN	LES MILLS <b>BODYPUMP</b> JASTIN	 MELISSA	YOGA JANIS	<b>NEW CLASS!</b> LES MILLS <b>BODYCOMBAT</b> JASTIN	PEAK BALL LEONARDO	HIP HOP MIERAN
FRIDAY	LES MILLS <b>BODYPUMP</b> MARCUS	LES MILLS <b>SH'BAM</b> RICKKIT	PEAK BALL LEONARDO		LES MILLS <b>BODYCOMBAT</b> JUVEEN	LES MILLS <b>BODYPUMP</b> ALAN YEAP	 DELINE
SATURDAY		9.20AM LES MILLS <b>BODYPUMP</b> TERRENCE	10.30AM LATIN DANCE JIMMY	11.30AM	12.30PM LES MILLS <b>BODYATTACK</b> HARRIS/JUVEEN	1.30PM RANGE OF MOTION J.Y	
SUNDAY		YOGA JANIS	 AMY	LES MILLS <b>BODYPUMP</b> RANDY			