

# PEAK FITNESS

## CLASS SCHEDULE JANUARY 2019

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> <b>BODYPUMP</b> MARCUS	<i>LES MILLS</i> <b>BODYSTEP</b> PETER	<i>LES MILLS</i> <b>SH'BAM</b> PETER	<i>LES MILLS</i> <b>BODYCOMBAT</b> BERRY	ABT BERRY
TUESDAY	HATHA YOGA NICO	TRX HYBRID JON	FLOW YOGA SHARON <i>LADIES ONLY</i>	<i>LES MILLS</i> <b>SH'BAM</b> ILLA	<i>LES MILLS</i> <b>BODYPUMP</b> MARCUS	TRX HYBRID MYKE	 ZUMBA FITNESS LILY
WEDNESDAY	<i>LES MILLS</i> <b>BODYSTEP</b> JONATHAN		FLOW YOGA SHARON	<i>LES MILLS</i> <b>BODYCOMBAT</b> DANIEL	<i>LES MILLS</i> <b>BODYPUMP</b> JASON YEOH	POWER FUNK RONICIA	
THURSDAY	FLOW YOGA JASON KHOR		PILATES ESTHER	<i>LES MILLS</i> <b>BODYSTEP</b> RIEZE	<i>LES MILLS</i> <b>SH'BAM</b> RIEZE	<i>LES MILLS</i> <b>BODYCOMBAT</b> JON & ZACH	 ZUMBA FITNESS LILY
FRIDAY	<i>LES MILLS</i> <b>BODYPUMP</b> SYED		<i>LES MILLS</i> <b>SH'BAM</b> RIEZE	<i>LES MILLS</i> <b>BODYPUMP</b> WYNCY	<i>LES MILLS</i> <b>BODYCOMBAT</b> 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> <b>SH'BAM</b> AYU	<i>LES MILLS</i> <b>BODYCOMBAT</b> ZACH	<i>LES MILLS</i> <b>BODYPUMP</b> VINCENT	<i>LES MILLS</i> <b>BODYSTEP</b> RIEZE			
SUNDAY				K-POP JUSTIN	<i>LES MILLS</i> <b>BODYPUMP</b> MUZU		