

# PEAK FITNESS

## CLASS SCHEDULE JANUARY 2019

PEAK PERFORMANCE BLOCK - 30 MINS & PEAK FIGHT 

	7 AM	12.30 PM	6.30 PM	6.35 PM	7 PM	7.15 PM	7.30 PM
MONDAY							
TUESDAY				PEAK PERFORMANCE BLOCK MYKE			PEAK FIGHT *** NASRUL
WEDNESDAY		PEAK FIGHT *** RAZIN			PEAK FIGHT *** NASRUL		
THURSDAY						PEAK PERFORMANCE BLOCK JON	
FRIDAY			PEAK PERFORMANCE BLOCK RAZIN		PEAK FIGHT *** NASRUL		
SATURDAY			1 PM				
SUNDAY							