

# PEAK FITNESS

## CLASS SCHEDULE MARCH 2019

ENERGY STUDIO

	7.00AM	12.00PM	12.45PM	6.15PM	7.15PM	8.15PM	9.15PM
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 MARGIE	 ZUMBA 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> MYKE	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 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> ERIC	POWER DANCE RONICIA	PEAK STRETCH & BEND YOGA RONICIA
	11.00AM	12.00AM	1.00PM	2.00PM	3.00PM		
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> JASON		

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PEAK PERFORMANCE BLOCK - 30 MINS & PEAK FIGHT 

	7.00AM	12.00PM	12.30PM	6.15PM	7.15PM	8.15PM	9.15PM
MONDAY							
TUESDAY				PEAK PERFORMANCE BLOCK MYKE			PEAK FIGHT *** NASRUL
WEDNESDAY			PEAK FIGHT *** RAZIN		PEAK FIGHT *** NASRUL		
THURSDAY						PEAK PERFORMANCE BLOCK JON	
FRIDAY				6.30 PM PEAK PERFORMANCE BLOCK RAZIN	PEAK FIGHT *** NASRUL		
SATURDAY			1.00PM				
SUNDAY							

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# CLASS SCHEDULE MARCH 2019

RPM SPIN STUDIO

	7.00AM	12.45AM	1.00PM	6.30PM	7.00PM	7.10AM	7.30AM
MONDAY	 HARRY			 ALBERT			 ALBERT
TUESDAY	 HARRY	SPINNING AZMY		 YEN			
WEDNESDAY				 AMUTHA		 LIANG	
THURSDAY	 ROCKIE	 JEFF		 ALBERT			 ALBERT
FRIDAY							
SATURDAY			1.00PM				
SUNDAY			 HARRY / ALBERT				