

PEAK FITNESS

SOGO KL MALL

CLASS SCHEDULE JUNE 2019

ENERGY STUDIO

	7.00AM	12.00PM	12.45PM	6.15PM	7.15PM	8.15PM	9.15PM
MONDAY	YOGA SINTHA		<i>LES MILLS</i> BODYPUMP MARCUS	<i>LES MILLS</i> BODYSTEP PETER	<i>LES MILLS</i> SH'BAM PETER	<i>LES MILLS</i> BODYCOMBAT BERRY	ABT BERRY
TUESDAY	HATHA YOGA NICO	TRX HYBRID MARGIE	FLOW YOGA SHARON <i>LADIES ONLY</i>	<i>LES MILLS</i> SH'BAM ILLA	<i>LES MILLS</i> BODYPUMP YANG	<i>LES MILLS</i> BODYSTEP REIZS	 ZUMBA LILY
WEDNESDAY	<i>LES MILLS</i> BODYSTEP JONATHAN		FLOW YOGA SHARON	<i>LES MILLS</i> BODYCOMBAT DANIEL	<i>LES MILLS</i> BODYPUMP JASON	POWER FUNK RONICIA	
THURSDAY	FLOW YOGA JASON KHOR		PILATES ESTHER	DANCE FUSION UCHOP	<i>LES MILLS</i> SH'BAM UCHOP	<i>LES MILLS</i> BODYSTEP REIZS	 ZUMBA LILY
FRIDAY	<i>LES MILLS</i> BODYPUMP SYED		<i>LES MILLS</i> SH'BAM RIEVS	<i>LES MILLS</i> BODYPUMP SYED	<i>LES MILLS</i> BODYCOMBAT ERIC	POWER DANCE RONICIA	PEAK STRETCH & BEND YOGA RONICIA
	11.00AM	12.00AM	1.00PM	2.00PM	3.00PM		
SATURDAY	<i>LES MILLS</i> SH'BAM AYU	<i>LES MILLS</i> BODYCOMBAT ZACH	<i>LES MILLS</i> BODYPUMP VINCENT	<i>LES MILLS</i> BODYSTEP RIEVS			
SUNDAY				K-POP JUSTIN	<i>LES MILLS</i> BODYPUMP JASON		