


# PEAK FITNESS

SOGO KL MALL

# CLASS SCHEDULE AUGUST 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> JOSHUA LOH	<i>LES MILLS</i> <b>SH'BAM</b> PETER CHANG	<i>LES MILLS</i> <b>BODYCOMBAT</b> BERRY	ABT BERRY
TUESDAY	HATHA YOGA NICO	TRX HYBRID MARGIE	FLOW YOGA SHEREEN <i>LADIES ONLY</i>	<i>LES MILLS</i> <b>SH'BAM</b> ILLA	<i>LES MILLS</i> <b>BODYPUMP</b> YANG	<i>LES MILLS</i> <b>BODYSTEP</b> RIEZE	 ZUMBA LILY
WEDNESDAY	<i>LES MILLS</i> <b>BODYSTEP</b> JONATHAN		FLOW YOGA SHEREEN	<i>LES MILLS</i> <b>BODYCOMBAT</b> DANIEL	<i>LES MILLS</i> <b>BODYPUMP</b> MARCELLA	POWER FUNK RONICIA	
THURSDAY	FLOW YOGA JASON KHOR		PILATES ESTHER	DANCE FUSION UCHOP	<i>LES MILLS</i> <b>SH'BAM</b> UCHOP	<i>LES MILLS</i> <b>BODYSTEP</b> RIEZE	 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> MARCELLA	<i>LES MILLS</i> <b>BODYCOMBAT</b> MARCELLA	POWER DANCE RONICIA	BEND & STRETCH RONICIA
	11.00AM	12.00PM	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	PEAK FUNCTIONAL DANIELLE / SUA		