

| | 9.30AM | 10.30AM | 6.15PM | 7.15PM | 8.15PM |
|-----------|--|---------------------------------------|---|--|--|
| MONDAY | LES MILLS BODYPUMP MIN LEE | BUTT & GUT AMY | PEAK PERFORMANCE BLOCK LEONARDO | STRENGTH CORE YVONNE | |
| TUESDAY | | | | | NEW! [8.00PM - 9.00PM] MUAY THAI DEFENSE SAM |
| WEDNESDAY | | PEAK PERFORMANCE BLOCK LEONARDO | HIIT LEONARDO | [7.00PM - 8.00PM] MUAY THAI DEFENSE RIKO | |
| THURSDAY | HIIT LEONARDO | | PEAK THRESHOLD LEONARDO | | |
| FRIDAY | | | CORE AMY | | |
| | 9.30AM | 10.30AM | 11.30AM | 12.30PM | 1.30PM |
| SATURDAY | | | LES MILLS BODYPUMP TERRANCE | | |
| SUNDAY | | | | | |