

	8.00AM	9.05AM	10.00AM	6.30PM	7.30PM	8.15PM
MONDAY				PUSH THE LIMIT BADRUL		
TUESDAY						NEW! TRX JUSTIN
WEDNESDAY				PEAK PERFORMANCE ASNA		MUAY THAI ANGAH
THURSDAY	NEW! CARDIO TONE JUSTIN				NEW! BUTT & GUT AMY	
FRIDAY			FITNESS KICKBOXING KEAN WEI			
	8.00AM	9.05AM	11.00AM	6.15PM	7.15PM	8.15PM
SATURDAY						
SUNDAY						