

PEAK FITNESS CLASS SCHEDULE

AMAN CENTRAL ENERGY STUDIO



	8:15AM	9:15AM		6:00PM	7:30PM	8:30PM
MONDAY	PEAK PERFORMANCE BADRUL			AEROBIC ANG	STEP CORE ANG	
TUESDAY		ABS & TONE JUSTIN		PUSH THE LIMIT BADRUL		MIXED DANCE MICKEY
WEDNESDAY	PEAK PERFORMANCE BLOCK BADRUL			CARDIO TONE JUSTIN	MIX PUMP JUSTIN	
THURSDAY				PEAK PERFORMANCE BADRUL		
FRIDAY		10:15AM MIX PUMP SEAN			STEP CORE ERIC	LES MILLS BODYCOMBAT ERIC
SATURDAY	10:00AM LES MILLS BODYPUMP MARCUS	11:00AM LES MILLS BODYCOMBAT MARCUS	12:00PM HIIT MARCUS	5:30PM	7:30PM	8:30PM
SUNDAY				AERODANCE MICKEY	LES MILLS BODYPUMP AVERSON	ABS CIRCUIT AVERSON