

PEAK FITNESS CLASS SCHEDULE MAY 2021

CITTA MALL ENERGY STUDIO



	9:00AM	10:00AM			6:30PM	7:30PM
MONDAY					SHAPE INSPIRED BY PILATES DANIELLE	LES MILLS BODYCOMBAT DANIELLE
TUESDAY		PILATES TONY			LES MILLS BODYPUMP SYED	ZUMBA FITNESS ADELINA
WEDNESDAY					LES MILLS BODYCOMBAT MARCELLA	PEAK PERFORMANCE: IMMUNITY SERIES MARCELLA
THURSDAY	LES MILLS SH'BAM JOSHUA	LES MILLS BODYPUMP JOSHUA			LES MILLS BODYCOMBAT SYED	LES MILLS BODYBALANCE DANIELLE
FRIDAY					LES MILLS BODYPUMP SYED	
SATURDAY			11:00AM LES MILLS BODYBALANCE DANIELLE	12:00PM LES MILLS BODYPUMP DANIELLE		
SUNDAY						