

PEAK FITNESS CLASS SCHEDULE OCTOBER 2021

AMAN CENTRAL ENERGY STUDIO



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