



	9.00AM	10.00AM	11.00AM		6.15PM	7.15PM
MONDAY	YOGA HOOI LING	ZUMBA AMY			STRENGTH CORE YVONNE	<i>LES MILLS</i> BODYSTEP ERIC
TUESDAY		<i>LES MILLS</i> BODYPUMP DARYL	<i>LES MILLS</i> BODYCOMBAT DARYL		ABT LEONARDO	ZUMBA AMY
WEDNESDAY	PILATES HOOI LING	PEAK BALL LEONARDO			6.00PM YOGA MAY	<i>LES MILLS</i> BODYPUMP TERRENCE
THURSDAY		<i>LES MILLS</i> BODYCOMBAT GILLIAN			HIIT LEONARDO	<i>LES MILLS</i> BODYSTEP EASON
FRIDAY		PEAK PERFORMANCE BLOCK LEONARDO			<i>LES MILLS</i> BODYPUMP PATRICK	<i>LES MILLS</i> BODYCOMBAT PATRICK
		9.30AM	10.30AM	11.30AM		
SATURDAY			ZUMBA AMY	<i>LES MILLS</i> BODYPUMP TERRENCE		
SUNDAY			<i>LES MILLS</i> BODYPUMP MARCUS	<i>LES MILLS</i> BODYCOMBAT MARCUS		