



# Fit Series Class Schedule

February 2012

	8:00	9:00	10:00	16:00	17:00	18:00	19:00	20:00
MON	Boot Camp <i>Body Rush</i> by Jenny	Tai Chi	Fit Step		Boot Camp <i>Body Rush</i> by Jenny	Cardio Fit By Sek	Basic Yoga	
TUE	Fit Mix Rhythm By BTS	Fit Flexible by BTS	Boot Camp <i>Body Rush</i> by Jenny			Fit Step		Boot Camp <i>Body Rush</i> by Jenny
WED	Pilates		Basic Yoga		Boot Camp <i>Body Rush</i> by Jenny	Fit Aerobics	Fit Martial	
THU	Fit Dance By BTS	Pilates	Boot Camp <i>Body Rush</i> by Jenny			Fit Step	Basic Yoga	Boot Camp <i>Body Rush</i> by Jenny
FRI	Fit Mix Rhythm By BTS	Tai Chi			Boot Camp <i>Body Rush</i> by Jenny	Fit Aerobics	Cardio Fit By Sek	
SAT	Boot Camp <i>Body Rush</i> by Jenny	Basic Yoga			Fit Mix Rhythm By BTS	Fit Step		
SUN					Fit Aerobics			

**Kid Rock Climbing  
every Saturday and Sunday  
02.00 p.m. – 03.00 p.m.**

Note : 1. Please call in advance to reconfirm classes schedule at 02-661-1210-26 Ext:5222

2. All Body Rush Classes are need that to pay extra