Fit Series Class Schedule

January 2012

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