



Fit Series Class Schedule

July 2010

	8:00	9:00	10:00	16:00	17:00	18:00	19:00
MON	Fit Martial By BTS	Tai Chi FIT AQUA				CardioFit By Sek	<i>Basic Yoga</i>
TUE	Fit Martial By BTS	Pilates				Fit Step	Fit Martial By BTS
WED	Pilates	Fit Step	<i>Basic Yoga</i>			Fit Aerobics	Fit Mix Rhythm By BTS
THU	Fit Mix Rhythm By BTS	Fit Flexible By BTS				dance <small>25th Anniversary</small> Contemporary Dance	<i>Basic Yoga</i>
FRI	Fit Mix Rhythm By BTS	Tai Chi FIT AQUA				Fit Aerobics	CardioFit By Sek
SAT		<i>Basic Yoga</i>			Fit Mix Rhythm By BTS	Fit Step	
SUN		Fit Flexible By BTS			Fit Aerobics		

Tennis Social at Tennis Court #1
every Tuesday and Thursday
07.00 p.m. – 10.00 p.m.

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

Squash Social
every Wednesday
07.00 p.m. – 10.00 p.m.

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