

	Replacement
	New Instructor
	New Class

TRUE FITNESS - JAYA 33

Group Exercise Schedule (Level 1- Studio 1) 6th to 12th SEPTEMBER 2010							
Due to PUBLIC HOLIDAY , kindly take note of time and class changes on FRIDAY 10th & SATURDAY 11th SEPTEMBER 2010							
STUDIO 1	MON	TUES	WED	THURS	FRI	SAT	SUN
7:00-8:00AM		BODYPUMP AI MEI		BODYSTEP JANET	PUBLIC HOLIDAY SCHEDULE	PUBLIC HOLIDAY SCHEDULE	
9:30-10:30AM	LINE DANCING SHARON L				10:00-11:00AM BODYCOMBAT CHOONG	10:00-11:00AM BODYCOMBAT ALEX C	
9:00-10:00AM					11:15-12:15PM BODYPUMP R2	11:15-12:15PM BODYPUMP SU-YEE	
10:15-11:15AM					12:30-1:30PM BODYSTEP R2	2:00-3:00PM BODYATTACK EDMUND	
11:30-12:30PM					2:00-3:00PM BODYATTACK EDMUND	3:15-4:15PM BALANCE EDMUND	
12:45-1:45PM					3:15-4:15PM BALANCE EDMUND		
2:00-3:00PM							
3:15-4:15PM							
4:30-5:30PM							
5:45-6:30PM	BODYCOMBAT ALEX C	PILATES JEFF	BODYPUMP ALEX C	PILATES JEFF			
5:45-6:45PM							
6:45-7:45PM	BODYPUMP GRACE T	MTV JAM LILI	STEP SOPHINA	BODYJAM ANTHONY			
8:00-9:00PM	BODYSTEP ANITA	BODYCOMBAT JAYSON	LINE DANCING SHARON L	BODYBALANCE CYNTHIA			
9:05-10:05PM	DANCE REVO MEEI	DANCE MANIA HONG		LINE DANCING SHARON L			

TRUE FITNESS - JAYA 33

Group Exercise Schedule (Level 1- Studio 2) 6th to 12th SEPTEMBER 2010								
Due to PUBLIC HOLIDAY , kindly take note of time and class changes on FRIDAY 10th & SATURDAY 11th SEPTEMBER 2010								
STUDIO 2	MON	TUES	WED	THURS	FRI	SAT	SUN	
8:15-9:15AM			BLT R2		PUBLIC HOLIDAY SCHEDULE	PUBLIC HOLIDAY SCHEDULE		
10:00-11:00AM					PLEASE REFER TO STUDIO 1 SCHEDULE	PLEASE REFER TO STUDIO 1 SCHEDULE	BODYCOMBAT SIMONE	
11:15-12:15PM							BODYPUMP DANIEL LEO	
12:00-12:20PM	RAPID ABS SU-YEE							
12:30-12:50PM	RAPID ABS SU-YEE							
12:00-1:00PM				BOOTCAMP ALEX C				
12:30-1:30PM							BODYSTEP ANTHONY	
1:00-1:20PM				RAPID ABS ALEX C				
1:30-1:50PM				RAPID ABS ALEX C				
1:45-2:45PM							LINE DANCING SHARON L	
2:00-3:00PM								
3:00-4:00PM							BODYJAM AMIE	
4:15-5:15PM							TAI CHI MASTER KENNY	
6:30-7:30PM	BODYATTACK JASON Y	BODYPUMP ALFEE	BELLYJAM MEEI	BODYCOMBAT SIMONE				
7:45-8:45PM	BODYJAM ANTHONY	PILATES JOHN	BODYCOMBAT KEVIN L	BODYPUMP JASON Y				
9:00-10:00PM	BODYBALANCE ALEX	CAPOEIRA PERERECA	BODYPUMP MICHELLE	BODYSTEP ANTHONY				