

	Replacement
	New Instructor
	New Class

TRUE FITNESS - JAYA 33

Group Exercise Schedule (Level 1- Studio 1) 15th to 21st MARCH 2010							
STUDIO 1	MON	TUES	WED	THURS	FRI	SAT	SUN
7:00-8:00AM		BODYPUMP ALFEE		BODYSTEP JANET	BODYCOMBAT LORRAINE		
9:30-10:30AM	LINE DANCING MEI LING				BELLY JAM MEEI		
9:00-10:00AM						BODYBALANCE ALEX	
10:15-11:15AM						BODYCOMBAT DELON	
11:30-12:30PM						BODYPUMP SU-YEE	
12:45-1:45PM						DANCE MANIA DANNY H	LINE DANCING SHARON L
2:00-3:00PM						BODYATTACK HAZRIN	SPECIAL 2 HOUR LINE DANCING CLASS ON 21st MAR 1.00-3.00PM AT STUDIO 1.
3:15-4:15PM						BODYSTEP HAZRIN	
4:30-5:30PM						BODYJAM SU LIN	
5:45-6:30PM	BODYCOMBAT ALEX C	BODYBALANCE SHARON T	BODYPUMP ALEX C	BODYBALANCE SHARON T	HIP HOP MEEI		
5:45-6:45PM						BODYBALANCE SHARON T	
6:45-7:45PM	BODYPUMP GRACE T	MTV JAM LILI	STEP SOPHINA	BODYJAM ANTHONY	BODYCOMBAT KEVIN L		
8:00-9:00PM	BODYSTEP ANITA	BODYCOMBAT JAYSON	LINE DANCING SHARON L	BODYBALANCE CYNTHIA	FUNKY LINE RONICIA		
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) 15th to 21st MARCH 2010							
STUDIO 2	MON	TUES	WED	THURS	FRI	SAT	SUN
8:15-9:15AM			BLT R2				
10:00-11:00AM							BODYCOMBAT SIMONE
10:45-11:45AM				BOOTCAMP ALEX C			
11:15-12:15PM							BODYPUMP DANIEL LEO
12:00-12:20PM	RAPID ABS SU-YEE			RAPID ABS ALEX C			
12:30-12:50PM	RAPID ABS SU-YEE			RAPID ABS 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					BOOTCAMP ALEX C	SPECIAL 2 HOUR LINE DANCING CLASS ON 21st MAR 1.00-3.00PM AT STUDIO 1.	
3:00-4:00PM							BODYJAM SHARON T
4:15-5:15PM							TAI CHI MASTER KENNY
6:30-7:30PM	BODYATTACK HAZRIN	BODYPUMP ALFEE	BELLYJAM MEEI	BODYCOMBAT DELON	BODYSTEP PETER		
7:45-8:45PM	BODYJAM LEO	PILATES JOHN	BODYCOMBAT KEVIN L	BODYPUMP JASON Y	BODYATTACK PETER		
9:00-10:00PM	BODYBALANCE PURDEY	CAPOEIRA PERERECA	BODYPUMP MICHELLE	BODYSTEP ANTHONY	BODYJAM JEREMY		