

	Replacement
	New Instructor
	New Class
	New Time

True Fitness Pavilion KL

Group Exercise Schedule (GX Studio) 6th - 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		
7:00am-8:00am	BODYSTEP R2	BODYCOMBAT WYN CY	BODYPUMP BRIAN	TAICHI MASTER KENNY	PUBLIC HOLIDAY SCHEDULE	PUBLIC HOLIDAY SCHEDULE			
9:30am-10:30am	BODYJAM TERENCE G	BODYPUMP WYN CY	BOOT CAMP DANIEL	PILATES IRRENA					
10:45am-11:45am							10:30-11:30am BODYBALANCE EDMUND	11:30am-12:30pm BODYCOMBAT CHOONG	
12:00pm-12:20pm			RAPID ABS SU-YEE						
12:30pm-12:50pm			RAPID ABS SU-YEE				11:45am-12:45pm BODYSTEP ANTHONY	12:45pm-1:45pm BODYSTEP KAH YIN	
12:30pm-1:30pm									
10:30am-10:50am							2:00-3:00pm BODYPUMP BRIAN	2:00-3:00pm BODYATTACK KAH YIN	BODYJAM CAROLINE
11:00am-11:20am									
11:45am-12:45pm							3:15-4:15pm BODYCOMBAT LYDIA	3:15-4:15pm BODYPUMP SCOTT	HIP HOP ERNEST
1:00pm-2:00pm									BODYCOMBAT KEVIN L
1:20pm-2:20pm									
2:15pm-3:15pm									BODYPUMP DANIEL
2:25pm-3:25pm									
3:30pm-4:30pm									BODYSTEP HARVIN
4:45pm-5:45pm									
5:45pm-6:30pm	BODYATTACK DANIEL	BODYSTEP TERENCE G	BODYPUMP DANIEL	BODYCOMBAT DELON					
6:35pm-7:35pm	BODYCOMBAT KEVIN L	BODYPUMP MICHELLE	FUNKY LINE RONICIA	BODYSTEP PETER					
7:40pm-8:40pm	DANCE MANIA RONICIA	BODYSTEP ANITA/TERENCE G	DANCE MANIA DANNY H	BODYPUMP KENTO					
8:45pm-9:45pm	BODYPUMP DANIEL	BODYBALANCE VINCENT	BODYCOMBAT CHOONG	BODYJAM SU LIN					

* please proceed to fitness department for information on class / instructors replacement.