

Replacement
 New Instructor
 New Class
 New Time

True Fitness Kenanga Int. KL
 Group Exercise Schedule (GX Studio) 6th - 12th FEB 2012

Due to PUBLIC HOLIDAY, kindly take note for changes on MON & TUES 6th & 7th FEB 2012

GX STUDIO	MON	TUES	WED	THURS	FRI	SAT	SUN
7:00am-8:00am	HOLIDAY SCHEDULE	HOLIDAY SCHEDULE	PILATES CELINE				
7:00am-7:30am					LES MILLS BODYPUMP EXPRESS GRACE		
7:35am-8:05am					LES MILLS EXWORX GRACE		
9:30am-10:30am	11:15pm-12:15pm LES MILLS BODYCOMBAT JASON O	11:15pm-12:15pm LES MILLS BODYCOMBAT JASON O					
11:45am-12:45pm							LES MILLS BODYJAM CAROLINE
12:00pm-12:30pm	12:30pm-1:00pm LES MILLS EXWORX JASON Y	12:30pm-1:00pm LES MILLS EXWORX JASON Y	bodysculpt SU-YEE				
12:35pm-1:05pm			LES MILLS EXWORX SU-YEE				
12:30pm-1:30pm	1:15pm-2:15pm LES MILLS BODYPUMP JASON Y	1:15pm-2:15pm LES MILLS BODYATTACK JASON Y		PILATES CELINE	LES MILLS BODYPUMP DANIEL		
1:00pm-2:00pm							LES MILLS BODYCOMBAT KEVIN L
1:20pm-2:20pm	2:30pm-3:00pm LES MILLS EXWORX JASON Y	2:30pm-3:00pm LES MILLS EXWORX JASON Y				LES MILLS BODYJAM TERENCE L	
2:15pm-3:15pm							LES MILLS BODYPUMP YEOH
2:25pm-3:25pm						LES MILLS BODYCOMBAT LYDIA	
3:30pm-4:30pm						LES MILLS BODYPUMP MICHEAL T	
5:45pm-6:30pm				LES MILLS BODYCOMBAT ELVIN	LES MILLS BODYPUMP YEOH		
6:00pm-6:30pm			LES MILLS EXWORX DANIEL				
6:35pm-7:35pm			MOV SHIN	LES MILLS BODYSTEP PETER	LES MILLS BODYCOMBAT YEOH		
7:40pm-8:40pm			DANCE MANIA DANNY H	LES MILLS BODYPUMP REAGAN	LES MILLS BODYATTACK PETER		
8:45pm-9:45pm			LES MILLS BODYCOMBAT JON KIN		LES MILLS BODYJAM CAROLINE		
8:45pm-9:15pm							
9:20pm-9:50pm							

* Please proceed to fitness department for information on class/ instructor replacement.