

	Replacement
	New Instructor
	New Class
	New Time

**TRUE FITNESS - TAIPAN, USJ**

**Group Exercise Schedule (Level 2) W.E.F 6th-12th September 2010**

DUE TO PUBLIC HOLIDAY. KINDLY TAKE NOTE OF THE TIME AND CLASS CHANGES ON 10th & 11th SEPTEMBER 2010 (FRIDAY & SATURDAY)								
LEVEL 2	MON	TUES	WED	THURS	FRI	SAT	SUN	
8:00-9:00AM					PUBLIC HOLIDAY PLEASE REFER TO LEVEL 3 MAIN STUDIO SCHEDULE	PUBLIC HOLIDAY PLEASE REFER TO LEVEL 3 MAIN STUDIO SCHEDULE	QI GONG MASTER KENNY	
9:15-10:15AM							CAPOEIRA TERRY	
9:30-10:30AM	RAPID ABS ALEX C	MTV-JAM DANNY H		BODYVIVE R2				BODYCOMBAT YILI
10:30-11:30AM								BODYJAM CLARISSA
11:45-12:45PM								PILATES JOHN
1:00-2:00PM								BODYPUMP JASON Y
3:40-4:40PM			5.40-6:25PM					BODYSTEP ANTHONY
4:45-5:45PM			6:35-7:35PM					
5:45-6:30PM	BODYBALANCE PING	BODYCOMBAT ALEX C	BLT JEFF	CARDIO DANCE DANNY H				
6:45-7:45PM	BODYJAM CLARISSA	LINE DANCING SHARON L	PILATES JEFF	FUNKY LINE RONICIA				
8:00-9:00PM	BODYSTEP JANET	BODYBALANCE PING	LINE DANCING MELVIN	DANCE MANIA RONICIA				
9:05-10:05PM	WUSHU MASTER KENNY	DANCE REVOLUTION SIM	BODYJAM CLARISSA	BODYATTACK JANET/SAM				

**TRUE FITNESS - TAIPAN, USJ**

**Group Exercise Schedule (Level 3) W.E.F 6th-12th September 2010**

DUE TO PUBLIC HOLIDAY. KINDLY TAKE NOTE OF THE TIME AND CLASS CHANGES ON 10th & 11th SEPTEMBER 2010 (FRIDAY & SATURDAY)								
LEVEL 3	MON	TUES	WED	THURS	FRI	SAT	SUN	
8:15-9:15AM	BODYVIVE SU-YEE	BODYPUMP R2	BODYSTEP JANET	BODYPUMP SU-YEE	PUBLIC HOLIDAY SCHEDULE	PUBLIC HOLIDAY SCHEDULE		
8:00-9:30AM			8:30-9:30AM					
9:45-10:45AM			10.20-10.40AM RAPID ABS ALEX C					
10:45-11:45AM	PILATES JOHN	BODY SCULPT SU-YEE	10.50-11.10AM RAPID ABS ALEX C	BLT R2			9.00- 9.55am BODYVIVE SU-YEE	10:00-11:00am BODYPUMP LORRAINE
11:00-12:00PM								
12:15-1:15PM							10:00 – 11.00am BODYSCULPT ALEX C	11:15-12:15pm BOOTCAMP LORRAINE
2:00-3:00PM	LINE DANCING SHARON L							
1:30-2:30PM							12.30 – 1:30pm BODYPUMP JASON Y	2:00-3:00pm LINE DANCING SHARON L
2:45-3:45PM								
4:00-5:00PM		6:40-7:30PM					2:00 – 3:00pm BODYATTACK JASON Y	3:15-4:15pm BODY JAM TIMS
6:30-7:30PM	BODYPUMP SU-YEE	RAPID ABS ALEX C	BODYCOMBAT LORRAINE	BODYPUMP R2				
7:45-8:45PM	BODYCOMBAT TERENCE	DANCE MANIA ERNEST	BODYPUMP ALEX	BODYSTEP KEITH/R2				
9:00-10:00PM	BODYATTACK TERENCE G	BODYPUMP U JIN	BODYSTEP SAM/KEITH	BODYBALANCE DEREK				