

	Replacement
	New Instructor
	New Class
	New Time

TRUE FITNESS - TAIPAN, USJ

Group Exercise Schedule (Level 2) W.E.F 8TH - 14TH MARCH 2010							
LEVEL 2	MON	TUES	WED	THURS	FRI		SUN
8:00-9:00AM							QI GONG MASTER KENNY
9:15-10:15AM							CAPOEIRA TERRY
9:30-10:30AM	BELLYJAM RAN	MTV-JAM DANNY H	BODYPUMP DANIEL	BODYVIVE R2	LINE DANCING NANCY		
10:30-11:30AM							BODYCOMBAT YILI
11:45-12:45PM							BODYJAM SHIRLYN
1:00-2:00PM							PILATES JOHN
3:30-4:30PM							BODYPUMP JASON Y
4:45-5:45PM							BODYSTEP ANTHONY
5:45-6:30PM	BODYVIVE SU-YEE	BODYATTACK HAZRIN	BLT JOSEPH	CARDIO DANCE DANNY H	BODYPUMP SU-YEE		
6:45-7:45PM	BODYJAM CLARISSA	LINE DANCING MEI LING	PILATES SHELLY	FUNKY LINE RONICIA	BODYCOMBAT ALEX C		
8:00-9:00PM	BODYSTEP JANET	WUSHU MASTER KENNY	LINE DANCING MEI LING	DANCE MANIA RONICIA	BELLYJAM BRANCY		
9:05-10:05PM	WUSHU MASTER KENNY	DANCE REVOLUTION MEEI	BODYJAM SHIRLYN	BODYATTACK JANET	BODYVIVE R2		

TRUE FITNESS - TAIPAN, USJ

Group Exercise Schedule (Level 3) W.E.F 8TH - 14TH MARCH 2010							
LEVEL 3	MON	TUES	WED	THURS	FRI	SAT	
8:15-9:15AM	BODYVIVE SU-YEE	BODYPUMP R2	BODYSTEP JANET	BODYPUMP SU-YEE	PILATES SHELLY		
8:00-9:30AM			8:30-9:30AM			TAI CHI NORA	
9:45-10:45AM						BODYVIVE ALEX C/SU-YEE	
10:45-11:45AM	PILATES JOHN	BODYVIVE SU-YEE	BODYBALANCE CYNTHIA	BLT JOSEPH	BODYCOMBAT SU-YEE		
11:00-12:00PM						BODYPUMP GRACE	
12:15-1:15PM						LINE DANCING SHARON L	
2:00-3:00PM	LINE DANCING SHARON L						
1:30-2:30PM						BODYCOMBAT ALEX C	
2:45-3:45PM						BODYJAM ZARINA	
4:00-5:00PM						BODYBALANCE JOHN	
5:15-6:15PM						BODYATTACK HAZRIN	
6:30-7:30PM	BODYPUMP ALFEE	BODYVIVE HAZRIN	BODYCOMBAT LORRAINE	BODYPUMP R2 / ALEX C	BODYJAM LEO	BODYSTEP SAM/KEITH	
7:45-8:45PM	BODYCOMBAT TERRENCE	DANCE MANIA ERNEST	BODYPUMP ALEX	BODYSTEP HAZRIN	BODYSTEP R2		
9:00-10:00PM	BODYATTACK KAH YIN	BODYPUMP R2	BODYSTEP ANTHONY	BODYBALANCE DEREK			