

Replacement
New Instructor
New Class
New Time

TRUE FITNESS - TAIPAN, USJ

Group Exercise Schedule (Level 2) W.E.F 6th - 12th FEBRUARY 2012

Please take note of the changes on the classes on the 6th & 7th FEBRUARY 2011(MONDAY & TUESDAY) due to Public Holiday

LEVEL 2	MON	TUES	WED	THURS	FRI	SAT	SUN
8:00-9:00AM	PUBLIC HOLIDAY SCHEDULE	PUBLIC HOLIDAY SCHEDULE	7.15-7.45am LES MILLS BODYCOMBAT SU-YEE				QI GONG MASTER KENNY
9:15-10:15AM			7.45-8.15am SU-YEE				
9:30-10:30AM			DX WORKX SU-YEE	BODYVIVE SU-YEE	CINE NANCY		
10:30-11:30AM							LES MILLS BODYCOMBAT JASON O'YLI
11:45-12:45PM	PLEASE REFER TO	PLEASE REFER TO					LES MILLS BODYJAM CLARRISA
1:00-2:00PM	LEVEL 3 MAIN STUDIO SCHEDULE	LEVEL 3 MAIN STUDIO SCHEDULE			5.45-6.30PM		PIDATES JOHN
2:15-3:15PM					BODYPUMP SU-YEE		BODYATTACK JASON Y
3:30-4:30PM					6.30-7.00PM DX WORKX SU-YEE		BODYPUMP JASON Y
4:45-5:45PM			5.40-6.25PM BLT JOSEPH		7.00-8.00PM		BODYSTEP SAM
5:45-6:30PM			6.35-7.35PM PIDATES CELINE	MDV DANNY H	LES MILLS BODYCOMBAT ALEX C		
6:45-7:45PM				AKAHOA JUSTIN	8.00-8.30PM DX WORKX		
					ALEX C		
8:00-9:00PM			CINE MEILING	CARDIO DANCE ANNIE T	8.30-9.00PM BOOT CAMP ALEX C		
9:05-10:05PM			LES MILLS BODYJAM SHANE	LES MILLS BODYATTACK KEITH	LES MILLS BODYCOMBAT MASTER KENNY		

TRUE FITNESS - TAIPAN, USJ

Group Exercise Schedule (Level 3) W.E.F 6th - 12th FEBRUARY 2012

Please take note of the changes on the classes on the 6th & 7th FEBRUARY 2011(MONDAY & TUESDAY) due to Public Holiday

LEVEL 3	MON	TUES	WED	THURS	FRI	SAT	SUN
8:15-9:15AM	PUBLIC HOLIDAY SCHEDULE	PUBLIC HOLIDAY SCHEDULE	8.30-9.30AM LES MILLS BODYSTEP JANET	LES MILLS BODYPUMP YEOH	PIDATES SHELLY		
8:00-9:30AM					9.50-10.30AM	FAOON MASTER KENNY	
9:45-10:45AM	9.00-9.55AM BODYVIVE SU-YEE	10.00AM-11.00AM BODYCOMBAT YEOH	10.20-10.40AM ALEX C		RAPID ABS ALEX C	BODYVIVE SU-YEE	
10:45-11:45AM	10.00-11.00AM BODYPUMP SU-YEE	12.15PM-1.15PM BODYPUMP YEOH	10.50-11.10AM RAPID ABS ALEX C	BLT YEOH			
11:00-12:00PM						LES MILLS BODYPUMP YEOH	
12:15-1:15PM	11.00-11.30AM DX WORKX SU-YEE	1.30pm - 2.30pm BODYSTEP JANET				CINE SHARON L	
2:00-3:00PM							
1:30-2:30PM	11.45AM-12.45PM BODYCOMBAT ALEX C	2.45PM - 3.45PM BODYATTACK JANET				PIDATES JOHN	
2:45-3:45PM						LES MILLS BODYJAM TIMS	
6:30-7:30PM	2.00AM-2.30PM DX WORKX ALEX C		LES MILLS BODYCOMBAT REAGAN	LES MILLS BODYPUMP YEOH	8.00-9.00PM		
7:45-8:45PM			LES MILLS BODYPUMP JACKSON	LES MILLS BODYSTEP KEITH	Bellyjam PAULINE		
9:00-10:00PM			LES MILLS BODYSTEP ANTHONY	9.00-9.30PM SU-YEE			
				9.30-10.00PM BOOT CAMP SU-YEE			