



# CLASS SCHEDULE

|       | MONDAY                     | TUESDAY                    | WEDNESDAY                    | THURSDAY                   | FRIDAY                      | SATURDAY               | SUNDAY                                |
|-------|----------------------------|----------------------------|------------------------------|----------------------------|-----------------------------|------------------------|---------------------------------------|
| 08.00 |                            | <b>meta HOUR</b><br>FP     |                              |                            | <b>meta HOUR</b><br>FP      |                        |                                       |
| 08.00 | <b>ZUMBA®</b><br>LUCKY     | <b>MUAY THAI</b><br>PINTOR | <b>LYFT</b><br>FP            | <b>POUND</b><br>LUCKY      | <b>INSIDE FLOW</b><br>SARAS | <b>LYFT</b><br>FP      | <b>FITKIDS</b><br>FP                  |
| 09.00 | <b>POUND</b><br>LUCKY      | <b>ZUMBA®</b><br>LUCKY     | <b>INSIDE FLOW</b><br>SARAS  | <b>HATHA YOGA</b><br>ARIEF | <b>ZUMBA®</b><br>SUSI       | <b>FITKIDS</b><br>FP   | <b>ZUMBA Kids</b><br>SUSI             |
| 16.00 |                            |                            |                              |                            |                             |                        |                                       |
| 17.00 | <b>ZUMBA®</b><br>SUSI      | <b>LYFT</b><br>FP          | <b>INSIDE FLOW</b><br>SARAS  | <b>meta HOUR</b><br>FP     | <b>POUND</b><br>LUCKY       | <b>ZUMBA</b><br>SUSI   | <b>metafit.</b><br>FIT TRAINING<br>FP |
| 18.00 | <b>MUAY THAI</b><br>PINTOR | <b>ZUMBA®</b><br>SUSI      | <b>meta HOUR</b><br>FP       | <b>MUAY THAI</b><br>PINTOR | <b>INSIDE FLOW</b><br>SARAS | <b>HIP HOP</b><br>ONYX |                                       |
| 19.00 |                            | <b>GENTLE YOGA</b><br>TIFA | <b>VINYASA YOGA</b><br>ARIEF |                            |                             |                        |                                       |

## POOL

|       | MONDAY | TUESDAY                    | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY                     |
|-------|--------|----------------------------|-----------|----------|--------|----------|----------------------------|
| 17.00 |        | <b>aqua ZUMBA®</b><br>SUSI |           |          |        |          | <b>aqua ZUMBA®</b><br>SUSI |

## POOL SIDE GARDEN

|       | MONDAY | TUESDAY | WEDNESDAY                   | THURSDAY                     | FRIDAY | SATURDAY | SUNDAY |
|-------|--------|---------|-----------------------------|------------------------------|--------|----------|--------|
| 07.00 |        |         |                             | <b>SUNRISE YOGA</b><br>ARIEF |        |          |        |
| 17.00 |        |         | <b>SUNSET YOGA</b><br>ARIEF |                              |        |          |        |

\*schedule is subject to change without notice

@fitnation.wujil