



O2 FITNESS ALL SEASONS

1 Mar 19 - 3 Mar 19



Day / Time		6:30		12.15		17:30	18:30	19:30	
1	Fri	 Somlak		SGT Win				H.I.I.T Mam	
Day / Time			11.00				17:30		
2	Sat	Master GX					 Mam		
3	Sun	 Somrak				 win			



O2 FITNESS ALL SEASONS

04 Mar 19 - 10 Mar 19



Day / Time		6:30		12.15		17:30	18:30	19:30
4	Mon	 BOOT Mam		SGT Win			 RIP Arm	 WAR Somlak
5	Tue	 CORE ABS Win					 YOGA 2 Lexx	H.I.I.T Mam
6	Wed	 GYM BALL Somlak		H.I.I.T Mam			 WAR Win	 CORE ABS Arm
7	Thu	 YOGA 1 Nop					 ZUMBA Oum	 YOGA 2 Lexx
8	Fri	 WAR Somlak		SGT Arm				H.I.I.T Mam
Day / Time			11.00				17:30	
9	Sat		 CORE ABS Oum				 BOOT Mam	
10	Sun		 WAR Somrak				 CORE ABS win	



O2 FITNESS ALL SEASONS

11 Mar 19 - 17 Mar 19



Day / Time		6:30		12.15		17:30	18:30	19:30
11	Mon	 BOOT Oum		SGT Mam			GX New Music Launch Boot	
12	Tue	 CORE ABS Win					GX New Music Launch War	
13	Wed	 GYM BALL Arm		H.I.I.T Mam			GX New Music Launch Rip	
14	Thu	 YOGA 1 Nop					 ZUMBA Oum	 YOGA 2 Lexx
15	Fri	 WAR Somlak		SGT Arm				H.I.I.T Win
Day / Time			11.00				17:30	
16	Sat		 CORE ABS Somrak				 BOOT Arm	
17	Sun		 WAR Win				 CORE ABS Mam	



O2 FITNESS ALL SEASONS

18 Mar 19 - 24 Mar 19




Day / Time		6:30		12.15		17:30	18:30	19:30
18	Mon	BOOT Mam		SGT Oum			RIP Arm	WAR Somlak
19	Tue	CORE ABS Arm					YOGA 2 Lexx	H.I.I.T Mam
20	Wed	GYM BALL Somlak		H.I.I.T Mam			WAR Win	CORE ABS Arm
21	Thu	YOGA 1 Nop					ZUMBA Oum	YOGA 2 Lexx
22	Fri	WAR Somlak		SGT Arm				H.I.I.T Win
Day / Time			11.00				17:30	
23	Sat		CORE ABS Arm				BOOT Oum	
24	Sun		WAR Win				CORE ABS Mam	



O2 FITNESS ALL SEASONS

25 Mar 19 - 31 Mar 19



Day / Time		6:30		12.15		17:30		18:30		19:30	
25	Mon	 BOOT	Oum		SGT Mam			 RIP	Arm	 WAR	Win
26	Tue	 CORE ABS	Arm					 YOGA 2	Lexx	H.I.I.T	Mam
27	Wed	 GYM BALL	Somlak		H.I.I.T Oum			 WAR	Win	 CORE ABS	Arm
28	Thu							 ZUMBA	Oum	 YOGA 2	Lexx
29	Fri	 WAR	Somlak		SGT Arm					H.I.I.T	Mam
Day / Time				11.00					17:30		
30	Sat			 CORE ABS	Win			 BOOT	Mam		
31	Sun			 WAR	Somrak			 CORE ABS	win		