




# O2 FITNESS ALL SEASONS

01 Dec 18 - 02 Dec 18










Day / Time		6:30	12.15			17:30	18:30	19:30
Day / Time			11.00				17:30	
1	Sat		 <b>CORE ABS</b> Arm				 <b>BOOT</b> Win	
2	Sun		 <b>WAR</b> Win				 <b>CORE ABS</b> Somlak	



# O2 FITNESS ALL SEASONS

3 Dec 18 - 9 Dec 18
















Day / Time		6:30	12.15		17.30	18:30	19:30
3	Mon	 BOOT Oum	<b>H.I.I.T</b> Win			<b>HIIT OF WAR</b>	
4	Tue	 CORE ABS Arm				 YOGA 2 Lexx	<b>H.I.I.T</b> Mam
5	Wed	 GYM BALL Oum	<b>SGT</b> Mam			 WAR Win	
6	Thu	 YOGA 1 Nop				 ZUMBA Oum	 YOGA 2 Lexx
7	Fri	 RIP Arm	<b>SGT</b> Win				<b>H.I.I.T</b> Mam
			11.00			17:30	
8	Sat		 CORE ABS Oum			 BOOT Mam	
9	Sun		 WAR Somlak			 CORE ABS Arm	



# O2 FITNESS ALL SEASONS

10 Dec 18 - 16 Nov 18



Day / Time		6:30		12.15		18:30		19:30	
10	Mon	 BOOT	Mam	<b>H.I.I.T</b>	Oum	 RIP	Arm		
11	Tue	 CORE ABS	Arm			 YOGA 2	Lexx	<b>H.I.I.T</b>	Mam
12	Wed	 GYM BALL	Oum	<b>SGT</b>	Mam	 WAR	Somlak	 CORE ABS	Arm
13	Thu	 YOGA 1	Nop			 ZUMBA	Oum	 YOGA 2	Lexx
14	Fri	 WAR	Somlak	<b>SGT</b>	Win			<b>H.I.I.T</b>	Mam
Day / Time				11.00				17:30	
15	Sat			 CORE ABS	Arm			 BOOT	Mam
16	Sun			 WAR	Somlak			 CORE ABS	Arm



## O2 FITNESS ALL SEASONS

17 Dec 18 - 23 Dec 18



















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



# O2 FITNESS ALL SEASONS

26 Dec 18 - 30 Dec 18



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