



O2 FITNESS ALL SEASONS

1 Apr 19 - 7Apr 19



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



O2 FITNESS ALL SEASONS

8 Apr 19 - 14 Apr 19



Day / Time		6:30		12.15		17:30	18:30	19:30
8	Mon	BOOT Mam		SGT Jay			RIP Arm	WAR Somlak
9	Tue	CORE ABS Arm					YOGA 2 Lexx	ZUMBA Oum
10	Wed	GYM BALL Somlak		H.I.I.T Mam			The Mix by Piloxing	
11	Thu	YOGA 1 Nop					ZUMBA Oum	YOGA 2 Lexx
12	Fri	RIP Arm		SGT Jay			O2 Syndrom class Win	H.I.I.T Mam
Day / Time			11.00				17:30	
13	Sat		CORE ABS Arm				BOOT Mam	
14	Sun		BOOT Jay				CORE ABS Oum	



O2 FITNESS ALL SEASONS

15 Apr 19 - 21 Apr 19












Day / Time		6:30		12.15		17:30	18:30	19:30
15	Mon	 BOOT Oum		SGT Jay			 CORE ABS Jay	 WAR Somlak
16	Tue	 CORE ABS Arm					 YOGA 2 Lexx	 ZUMBA Oum
17	Wed	 GYM BALL Somlak		H.I.I.T Win			 BOOT Jay	 CORE ABS Arm
18	Thu	 YOGA 1 Nop					 ZUMBA Oum	 YOGA 2 Lexx
19	Fri	 WAR Somlak		SGT Arm			O2 Syndrom class Win	H.I.I.T Mam
Day / Time			11.00				17:30	
20	Sat		 CORE ABS Oum				 BOOT Mam	
21	Sun		 WAR Win				 CORE ABS Jay	



O2 FITNESS ALL SEASONS

22 Apr 19 - 28 Apr 19



Day / Time		6:30		12.15		17:30		18:30		19:30	
22	Mon	 BOOT	Mam		SGT Jay			 RIP	Arm	 WAR	Somlak
23	Tue	 CORE ABS	Arm					 YOGA 2	Lexx	 ZUMBA	Oum
24	Wed	 GYM BALL	Somlak		H.I.I.T Mam			 BOOT	Jay	 CORE ABS	Arm
25	Thu	 YOGA 1	Nop					 ZUMBA	Oum	 YOGA 2	Lexx
26	Fri	 WAR	Somlak		SGT Arm			O2 Syndrom class	Win	H.I.I.T	Mam
Day / Time				11.00					17:30		
27	Sat			 CORE ABS	Arm			 BOOT	Mam		
28	Sun			 WAR	Somrak			 CORE ABS	Win		

