



PARK VILLAGE Rama2

FROM : 01-Dec

TO : 2-Dec

9:00

10:00

11:00

12:00

17:30

18:30

19:30

MON

GX
Spin
Mind 1
Mind 2

TUES

GX
Spin
Mind
Mind, Too

WEDS

GX
Spin
Mind 1
Mind 2

THURS

GX
Spin
Mind 1
Mind 2

FRI

GX
Spin
Mind 1
Mind 2

9:00

10:00

11:00

12:00

17:00

18:00

19:00

1-Dec
SAT

GX
Spin
Mind 1
Mind 2

ZUMBA FAH

YOGA 2 KAE

HOT YOGA KAE

2-Dec
SUN

GX
Spin
Mind 1
Mind 2

S.G.T

@ Functional Zone

FAH

YOGA 2 PU



PARK VILLAGE Rama2

FROM : 03-Dec
TO : 9-Dec

		9:00	10:00	11:00	12:00	17:30	18:30	19:30
3-Dec MON	GX			ZUMBA AM			BOOT TU	STEP BEGIN POP
	Spin		FEELING RIDE TON				FEELING RIDE TAO	
	Mind 1	HOT YOGA KAE						
	Mind 2				YOGA 2 PU	YOGA 2 GIGI		YOGA 2 GIGI
4-Dec TUES	GX		BOOT TAO	STEP BEGIN PU			RIP TON	ZUMBA POP
	Spin						MAX RIDE DREAM	
	Mind					HOT YOGA KAE		
	Mind, Too	GYM BALL TU			YOGA 2 KAE		YOGA 2 PU	
5-Dec WEDS	GX	S.G.T @ Functional Zone		MOVE BEGIN FAH			WAR TU	S.G.T @ Functional Zone
	Spin			MAX RIDE TAO				
	Mind 1				HOT YOGA PU			
	Mind 2					YOGA 2 PU	GYM BALL FAH	
6-Dec THURS	GX		WAR TU	STEP VARIETY POP		MOVE BEGIN FAH	ZUMBA AM	RIP TAO
	Spin			MAX RIDE TON			MAX RIDE DREAM	
	Mind 1							HOT YOGA PU
	Mind 2	YOGA 2 GIGI				YOGA 2 KAE		
7-Dec FRI	GX		ZUMBA POP	RIP TON		S.G.T @ Functional Zone	STEP BEGIN POP	WAR TU
	Spin							
	Mind 1	HOT YOGA PU						
	Mind 2						TAO	CORE ABS DREAM
8-Dec SAT	GX			ZUMBA POP				
	Spin		FEELING RIDE TU					
	Mind 1						HOT YOGA KAE	
	Mind 2				YOGA 2 KAE			
9-Dec SUN	GX			S.G.T @ Functional Zone				
	Spin							
	Mind 1							
	Mind 2				FAH			CORE ABS DREAM



PARK VILLAGE Rama2

FROM : 10-Dec
TO : 16-Dec

		9:00	10:00	11:00	12:00	17:30	18:30	19:30
10-Dec MON	GX			ZUMBA AM			BOOT TU	
	Spin		FEELING RIDE TON				FEELING RIDE TAO	
	Mind 1							
	Mind 2				YOGA 2 PU	YOGA 2 GIGI		
11-Dec TUES	GX		BOOT TAO	STEP BEGIN PU			RIP TON	ZUMBA POP
	Spin						MAX RIDE DREAM	
	Mind							
	Mind, Too	GYM BALL TU			YOGA 2 PU	CORE ABS FAH	YOGA 2 PU	
12-Dec WEDS	GX		S.G.T @ Functional Zone	MOVE BEGIN FAH			WAR TU	MOVE BEGIN POP
	Spin			MAX RIDE TAO				
	Mind 1				HOT YOGA PU			
	Mind 2	YOGA 2 GIGI		DREAM			YOGA 2 PU	GYM BALL FAH
13-Dec THURS	GX		WAR TU	STEP VARIETY POP		MOVE BEGIN FAH	ZUMBA AM	RIP TAO
	Spin			MAX RIDE TON			MAX RIDE DREAM	
	Mind 1							HOT YOGA PU
	Mind 2	YOGA 2 GIGI						
14-Dec FRI	GX		ZUMBA FAH	RIP TON		S.G.T @ Functional Zone	STEP BEGIN POP	WAR TU
	Spin							
	Mind 1	HOT YOGA PU						
	Mind 2						TAO	CORE ABS DREAM
15-Dec SAT	GX			ZUMBA POP				
	Spin		FEELING RIDE TU					
	Mind 1						HOT YOGA KAE	
	Mind 2				YOGA 2 KAE			
16-Dec SUN	GX			S.G.T @ Functional Zone				
	Spin							
	Mind 1							
	Mind 2				FAH			YOGA 2 PU



PARK VILLAGE Rama2

FROM : 17-Dec
TO : 23-Dec

		9:00	10:00	11:00	12:00	17:30	18:30	19:30	
17-Dec MON	GX			ZUMBA AM				STEP BEGIN POP	
	Spin								
	Mind 1	HOT YOGA KAE							
	Mind 2		TAO & TU		YOGA 2 PU	YOGA 2 GIGI	TU & TAO	YOGA 2 GIGI	
18-Dec TUES	GX		BOOT TAO	STEP BEGIN PU			RIP TON	ZUMBA POP	
	Spin						MAX RIDE DREAM		
	Mind					HOT YOGA KAE			
	Mind, Too	GYM BALL TU			YOGA 2 KAE		YOGA 2 PU		
19-Dec WEDS	GX		S.G.T @ Functional Zone	MOVE BEGIN FAH			WAR TU	MOVE BEGIN POP	
	Spin			MAX RIDE TAO					
	Mind 1				HOT YOGA PU			HOT YOGA KAE	
	Mind 2	YOGA 2 GIGI		DREAM			YOGA 2 PU	GYM BALL FAH	
20-Dec THURS	GX		WAR TU	STEP VARIETY POP		MOVE BEGIN FAH	ZUMBA AM	RIP TAO	
	Spin			MAX RIDE TON			MAX RIDE DREAM		
	Mind 1							HOT YOGA PU	
	Mind 2	YOGA 2 GIGI				YOGA 2 KAE			
21-Dec FRI	GX		ZUMBA FAH	RIP TON		S.G.T @ Functional Zone	STEP BEGIN POP	WAR TU	
	Spin								
	Mind 1	HOT YOGA PU							
	Mind 2						TAO	CORE ABS DREAM	YOGA 2 KAE
22-Dec SAT	GX			ZUMBA POP					
	Spin								
	Mind 1						HOT YOGA KAE		
	Mind 2				YOGA 2 KAE				
23-Dec SUN	GX			S.G.T @ Functional Zone					
	Spin								
	Mind 1								
	Mind 2				DREAM			YOGA 2 PU	



PARK VILLAGE Rama2

FROM : 24-Dec
TO : 30-Dec

		9:00	10:00	11:00	12:00	17:30	18:30	19:30
24-Dec MON	GX			ZUMBA AM			BOOT TU	STEP BEGIN POP
	Spin		FEELING RIDE TON				FEELING RIDE TAO	
	Mind 1	HOT YOGA KAE						
	Mind 2				YOGA 2 PU	YOGA 2 GIGI		YOGA 2 GIGI
25-Dec TUES	GX		BOOT TAO	STEP BEGIN PU			RIP TON	ZUMBA
	Spin						MAX RIDE DREAM	ZUMBA
	Mind					HOT YOGA KAE		Christmas Dance Party
	Mind, Too	GYM BALL TU			YOGA 2 KAE	YOGA 2 PU		By . 2PF
26-Dec WEDS	GX		S.G.T @ Functional Zone	MOVE BEGIN FAH			WAR TU	MOVE BEGIN POP
	Spin			MAX RIDE TAO				
	Mind 1				HOT YOGA PU			HOT YOGA KAE
	Mind 2	YOGA 2 GIGI		DREAM			YOGA 2 PU	GYM BALL FAH
27-Dec THURS	GX		WAR TU	MOVE BEGIN FAH		MOVE BEGIN FAH	ZUMBA AM	RIP TAO
	Spin			MAX RIDE TAO			MAX RIDE DREAM	
	Mind 1							HOT YOGA KAE
	Mind 2	YOGA 2 GIGI				YOGA 2 KAE		
28-Dec FRI	GX		ZUMBA FAH	RIP TAO		S.G.T @ Functional Zone	STEP BEGIN POP	WAR TU
	Spin							
	Mind 1	HOT YOGA KAE						
	Mind 2						TAO	CORE ABS DREAM
		9:00	10:00	11:00	12:00	17:00	18:00	19:00
29-Dec SAT	GX			ZUMBA FAH				
	Spin		FEELING RIDE TU					
	Mind 1						HOT YOGA KAE	
	Mind 2				YOGA 2 KAE			
30-Dec SUN	GX			S.G.T @ Functional Zone				
	Spin							
	Mind 1							
	Mind 2				FAH			CORE ABS TAO