



O2 FITNESS RAMA 2

1 MARCH 2020





Date / Time 9:00 10:00 11:00 12:00 17:30 18:30 19:30

MON							
TUE							
WED							
THU							
FRI							

Date / Time 9:00 10:00 11:00 12:00 17:00 18:00 19:00

SAT							
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1	SUN	 FUNC ZONE DREAM				 YOGA 2 MIND 2 PU	
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O2 FITNESS RAMA 2

2 - 8 MARCH 2020



Date / Time		9:00	10:00	11:00	12:00	17:30	18:30	19:30
2	MON	GYM BALL MIND 2 TU	RIP GX STUDIO DREAM	CORE ABS MIND 2 TU		YOGA 1 MIND 2 GIGI	2FIT GX STUDIO DREAM	STEP BEGIN PU YOGA 2 GIGI
3	TUE	GYM BALL MIND 2 TU	STEP BEGIN GX STUDIO PU	2FIT GX STUDIO TAO		YOGA 2 MIND 2 KAE	BOOT DREAM FEELING RIDE TAO	HOT YOGA MIND 1 PU
4	WED	YOGA 2 MIND 2 GIGI	SMALL GROUP TRAINING FUNC ZONE DREAM	Dancing SPIN TAO		FEELING RIDE SPIN DREAM	WAR GX STUDIO TU	MOVE BEGIN PU HOT YOGA KAE
5	THU	YOGA 2 MIND 2 GIGI	WAR GX STUDIO TU	STEP BEGIN GX STUDIO PU	HOT YOGA MIND 1 PU	HOT YOGA MIND 1 KAE	ZUMBA AM CORE ABS DREAM	RIP TAO YOGA 2 PU
6	FRI	HOT YOGA MIND 1 PU	BOOT GX STUDIO DREAM	MOVE BEGIN GX STUDIO TAO		SMALL GROUP TRAINING FUNC ZONE DREAM	Dancing SPIN TU	YOGA 2 MIND 2 KAE
Date / Time		9:00	10:00	11:00	12:00	17:00	18:00	19:00
7	SAT		FEELING RIDE SPIN DREAM	ZUMBA GX STUDIO POP	YOGA 2 MIND 2 KAE		HOT YOGA GX STUDIO KAE	
8	SUN		SMALL GROUP TRAINING FUNC ZONE TAO				YOGA 2 MIND 2 PU	



O2 FITNESS RAMA 2

9 - 15 MARCH 2020

Date / Time		9:00	10:00	11:00	12:00	17:30	18:30	19:30
9	MON	YOGA 1 MIND 2 DREAM	RIP GX STUDIO DREAM	ZUMBA GX STUDIO POP	YOGA 2 MIND 2 PU	YOGA 1 MIND 2 GIGI	2FIT GX STUDIO TAO	STEP BEGIN PU YOGA 2 GIGI MIND 2 GIGI
10	TUE	GYM BALL MIND 2 TU	STEP BEGIN GX STUDIO PU	2FIT GX STUDIO TAO		YOGA 2 MIND 2 KAE	BOOT DREAM FEELING RIDE TAO SPIN TAO	ZUMBA GX STUDIO POP
11	WED	YOGA 2 MIND 2 GIGI	SMALL GROUP TRAINING FUNC ZONE DREAM	Dancing SPIN TAO		FEELING RIDE SPIN DREAM	WAR TU GX STUDIO TU	MOVE BEGIN POP HOT YOGA KAE MIND 1 KAE
12	THU	YOGA 2 MIND 2 GIGI	WAR TU GX STUDIO TU	STEP VARIETY GX STUDIO POP		HOT YOGA KAE MIND 1 KAE	ZUMBA AM CORE ABS DREAM MIND 2 DREAM	RIP TAO YOGA 2 KAE MIND 2 KAE
13	FRI	HOT YOGA KAE MIND 1 KAE	BOOT DREAM GX STUDIO DREAM	MOVE BEGIN TAO GX STUDIO TAO		SMALL GROUP TRAINING TAO FUNC ZONE TAO	STEP BEGIN TAO GX STUDIO TAO Dancing TU SPIN TU	YOGA 2 KAE MIND 2 KAE
Date / Time		9:00	10:00	11:00	12:00	17:00	18:00	19:00
14	SAT		FEELING RIDE TAO SPIN TAO	WAR TU GX STUDIO TU	YOGA 2 KAE MIND 2 KAE		2FIT TU GX STUDIO TU	
15	SUN		SMALL GROUP TRAINING DREAM FUNC ZONE DREAM				CORE ABS SMART MIND 2 SMART	



O2 FITNESS RAMA 2

16 - 22 MARCH 2020

Date / Time		9:00	10:00	11:00	12:00	17:30	18:30	19:30
16	MON	YOGA 2 MIND 2 KAE	RIP GX STUDIO DREAM	ZUMBA GX STUDIO POP	CORE ABS MIND 2 TU	YOGA 1 MIND 2 GIGI	2FIT GX STUDIO TAO	STEP BEGIN PU YOGA 2 MIND 2 GIGI
17	TUE	GYM BALL MIND 2 TU	STEP BEGIN GX STUDIO PU	2FIT GX STUDIO TAO		YOGA 2 MIND 2 KAE	BOOT DREAM FEELING RIDE SPIN TAO	ZUMBA GX STUDIO POP
18	WED	YOGA 2 MIND 2 GIGI	SMALL GROUP TRAINING FUNC ZONE DREAM	Dancing SPIN TAO		FEELING RIDE SPIN DREAM	WAR GX STUDIO TU	MOVE BEGIN POP HOT YOGA MIND 1 KAE
19	THU	YOGA 2 MIND 2 GIGI	WAR GX STUDIO TU	STEP VARIETY GX STUDIO POP	HOT YOGA MIND 1 PU	HOT YOGA MIND 1 KAE	ZUMBA AM CORE ABS MIND 2 DREAM	RIP TAO YOGA 2 MIND 2 PU
20	FRI	HOT YOGA MIND 1 PU	BOOT GX STUDIO DREAM	MOVE BEGIN GX STUDIO TAO		SMALL GROUP TRAINING FUNC ZONE TAO	STEP BEGIN POP Dancing SPIN TU	YOGA 2 MIND 2 KAE
Date / Time		9:00	10:00	11:00	12:00	17:00	18:00	19:00
21	SAT		FEELING RIDE SPIN TAO	ZUMBA GX STUDIO POP	YOGA 2 MIND 2 KAE		2FIT GX STUDIO TU	
22	SUN		SMALL GROUP TRAINING FUNC ZONE DREAM				YOGA 2 MIND 2 PU	



O2 FITNESS RAMA 2

23 - 29 MARCH 2020



Date / Time		9:00	10:00	11:00	12:00	17:30	18:30	19:30
23	MON	YOGA 2 MIND 2 KAE	RIP GX STUDIO DREAM	ZUMBA GX STUDIO POP	CORE ABS MIND 2 TU	YOGA 1 MIND 2 GIGI	2FIT GX STUDIO TAO	STEP BEGIN PU YOGA 2 MIND 2 GIGI
24	TUE	GYM BALL MIND 2 TU	STEP BEGIN GX STUDIO PU	2FIT GX STUDIO TAO		YOGA 2 MIND 2 KAE	BOOT DREAM FEELING RIDE SPIN TAO	ZUMBA GX STUDIO POP
25	WED	YOGA 2 MIND 2 GIGI	SMALL GROUP TRAINING FUNC ZONE DREAM	Dancing SPIN TAO		FEELING RIDE SPIN DREAM	WAR GX STUDIO TU	MOVE BEGIN POP HOT YOGA MIND 1 KAE
26	THU	YOGA 2 MIND 2 GIGI	WAR GX STUDIO TU	STEP VARIETY GX STUDIO POP	HOT YOGA MIND 1 PU	HOT YOGA MIND 1 KAE	ZUMBA AM CORE ABS MIND 2 DREAM	RIP TAO YOGA 2 MIND 2 PU
27	FRI	HOT YOGA MIND 1 PU	BOOT GX STUDIO DREAM	MOVE BEGIN GX STUDIO TAO		SMALL GROUP TRAINING FUNC ZONE TAO	STEP BEGIN POP Dancing SPIN TU	YOGA 2 MIND 2 KAE
Date / Time		9:00	10:00	11:00	12:00	17:00	18:00	19:00
28	SAT		FEELING RIDE SPIN TAO	ZUMBA GX STUDIO POP	YOGA 2 MIND 2 KAE		2FIT GX STUDIO TU	
29	SUN		SMALL GROUP TRAINING FUNC ZONE DREAM				YOGA 2 MIND 2 PU	



O2 FITNESS RAMA 2

30-31 MARCH 2020



Date / Time 9:00 10:00 11:00 12:00 17:30 18:30 19:30

30	MON	YOGA 1 MIND 2 DREAM	RIP GX STUDIO DREAM	ZUMBA GX STUDIO POP	CORE ABS MIND 2 TU	YOGA 1 MIND 2 GIGI	2FIT GX STUDIO TAO	STEP BEGIN GX STUDIO PU YOGA 2 MIND 2 GIGI
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31	TUE	GYM BALL MIND 2 TU	STEP BEGIN GX STUDIO PU	2FIT GX STUDIO TAO		YOGA 2 MIND 2 KAE	BOOT GX STUDIO DREAM FEELING RIDE SPIN TAO	ZUMBA GX STUDIO POP
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