



Q2 FITNESS ALL SEASONS PLACE

2020

Day / Time	06:30			12:30	17:30	18:30	19:30
Mon							
Tue							
Wed							
Thu							
Fri							
Day / Time		11:00			17:30		
Sat							
Sun							



Q2 FITNESS ALL SEASONS PLACE

1 March 2020



Day / Time	06:30			12:30	17:30	18:30	19:30
Mon							
Tue							
Wed							
Thu							
Fri							
Day / Time		11:00			17:30		
Sat							
1 Sun		 WAR SOMLAK			 CORE ABS ONG		



O2 FITNESS ALL SEASONS PLACE

2-8 March 2020



Day / Time	06:30			12:30	17:30	18:30	19:30
2 Mon	BOOT OUM			ONG 2 FIT		RIP ARM	WAR SOMLAK
3 Tue	CORE ABS MAM					YOGA 2 NUCH	ZUMBA OUM
4 Wed	WAR SOMLAK			S.G.T. OUM		O2 SYNDROM WIN	ARM 2 FIT
5 Thu	H.I.I.T. ONG					ZUMBA OUM	YOGA 2 LEXX
6 Fri	WAR SOMLAK			S.G.T. WIN		H.I.I.T. ONG	MAM 2 FIT
Day / Time		11:00			17:30		
7 Sat		CORE ABS SOMLAK			BOOT MAM		
8 Sun		WAR SOMLAK			CORE ABS ONG		



O2 FITNESS ALL SEASONS PLACE

9-15 March 2020

Day / Time		06:30			12:30	17:30	18:30	19:30
9	Mon	BOOT OUM			MAM 2FIT		RIP ARM	WAR SOMLAK
10	Tue	CORE ABS ARM					YOGA 2 NUCH	ZUMBA OUM
11	Wed	CORE ABS ONG					O2 SYNDROM WIN	ARM 2FIT
12	Thu	HITT H.I.I.T. MAM					ZUMBA OUM	CORE ABS SOMLAK
13	Fri	BOOT OUM			S.G.T. WIN		HITT H.I.I.T. ONG	MAM 2FIT
Day / Time			11:00			17:30		
14	Sat		CORE ABS OUM			BOOT MAM		
15	Sun		WAR WIN			CORE ABS ONG		



O2 FITNESS ALL SEASONS PLACE

16-22 March 2020



Day / Time		06:30			12:30	17:30	18:30	19:30
16	Mon	BOOT MAM			WIN 2FIT		RIP ARM	WAR SOMLAK
17	Tue	CORE ABS ARM					YOGA 2 NUCH	ZUMBA OUM
18	Wed	WAR SOMLAK			S.G.T. OUM		O2 SYNDROM WIN	ARM 2FIT
19	Thu	HITT H.I.I.T. MAM					ZUMBA OUM	YOGA 2 LEXX
20	Fri	RIP ARM			S.G.T. SOMLAK		HITT H.I.I.T. ONG	MAM 2FIT
Day / Time			11:00			17:30		
21	Sat		CORE ABS ARM			BOOT MAM		
22	Sun		WAR SOMLAK			CORE ABS MAM		



O2 FITNESS ALL SEASONS PLACE

23-29 March 2020

Day / Time		06:30			12:30	17:30	18:30	19:30
23	Mon	BOOT OUM			WIN 2 FIT		RIP ARM	WAR SOMLAK
24	Tue	CORE ABS ARM					YOGA 2 NUCH	ZUMBA OUM
25	Wed	WAR SOMLAK			S.G.T. MAM		O2 SYNDROM WIN	ARM 2 FIT
26	Thu	HITT H.I.I.T. MAM					ZUMBA OUM	YOGA 2 LEXX
27	Fri	WAR SOMLAK			S.G.T. WIN		HITT H.I.I.T. ONG	WIN 2 FIT
Day / Time			11:00			17:30		
28	Sat		CORE ABS OUM			BOOT ONG		
29	Sun		WAR SOMLAK			CORE ABS ONG		



Q2 FITNESS ALL SEASONS PLACE

30-31 March 2020



Day / Time		06:30			12:30	17:30	18:30	19:30
30	Mon	 BOOT OUM			 MAM 2 FIT		 RIP ARM	 WAR SOMLAK
31	Tue	 CORE ABS ARM					 YOGA 2 NUCH	 ZUMBA OUM
	Wed							
	Thu							
	Fri							
Day / Time			11:00			17:30		
	Sat							
	Sun							