



O2 FITNESS ALL SEASONS

01 Feb 19 - 03 Feb 19



Day / Time		6:30	12.15		17:30	18:30	19:30
1	Fri	 WAR Somlak	SGT Win				H.I.I.T Mam
Day / Time			11.00			17:30	
2	Sat		 CORE ABS Arm			 BOOT Maam	
3	Sun		 WAR Somlak			 CORE ABS Win	



O2 FITNESS ALL SEASONS

04 Feb 19 - 10 Feb 19

















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



O2 FITNESS ALL SEASONS

11 Feb 19 - 17 Feb 19



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



O2 FITNESS ALL SEASONS

18 Feb 19 - 24 Feb 19







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



O2 FITNESS ALL SEASONS

25 Feb 19 - 28 Feb 19



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