



PARK VILLAGE Rama2

FROM : 01-Feb
TO : 3-Feb

		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							
1-Feb FRI	GX		ZUMBA FAH	RIP TON		S.G.T @ Functional Zone	STEP BEGIN POP	WAR TU
	Spin						MAX RIDE DREAM	
	Mind 1	HOT YOGA PU						
	Mind 2					TAO		YOGA 2 KAE
		9:00	10:00	11:00	12:00	17:00	18:00	19:00
2-Feb SAT	GX			ZUMBA POP				
	Spin		FEELING RIDE TAO					
	Mind 1						HOT YOGA KAE	
	Mind 2				YOGA 2 KAE			
3-Feb SUN	GX		S.G.T @ Functional Zone					
	Spin							
	Mind 1							
	Mind 2		TON				YOGA 2 PU	



PARK VILLAGE Rama2

FROM : 04-Feb

TO : 10-Feb

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



PARK VILLAGE Rama2

FROM : 11-Feb
TO : 17-Feb

		9:00	10:00	11:00	12:00	17:30	18:30	19:30	
11-Feb MON	GX		RIP TAO	ZUMBA AM		MOVE BEGIN FAH	BOOT DREAM	STEP BEGIN POP	
	Spin						MAX RIDE TON		
	Mind 1	HOT YOGA KAE							
	Mind 2				YOGA 2 PU	YOGA 2 GIGI		YOGA 2 GIGI	
12-Feb TUES	GX		BOOT DREAM	STEP BEGIN PU			PILOXING KNOCKOUT DEW (Rama3) Theme "Piloxing happy with Piggy Red"	ZUMBA POP	
	Spin			MAX RIDE TAO					
	Mind					HOT YOGA KAE			
	Mind, Too	GYM BALL FAH			YOGA 2 KAE				
13-Feb WEDS	GX		S.G.T @ Functional Zone	MOVE BEGIN FAH			WAR FAH	MOVE BEGIN POP	
	Spin						FEELING RIDE TAO		
	Mind 1				HOT YOGA PU			HOT YOGA KAE	
	Mind 2	YOGA 2 GIGI		DREAM			YOGA 2 PU		
14-Feb THURS	GX		WAR TU	STEP VARIETY POP			ZUMBA AM	RIP TAO	
	Spin			MAX RIDE TON					
	Mind 1							HOT YOGA KAE	
	Mind 2	YOGA 2 GIGI				YOGA 2 KAE	GYM BALL FAH		
15-Feb FRI	GX		ZUMBA FAH	RIP TON		S.G.T @ Functional Zone	STEP BEGIN POP	WAR TU	
	Spin							MAX RIDE DREAM	
	Mind 1	HOT YOGA PU							
	Mind 2						TAO		CORE ABS FAH
16-Feb SAT	GX								
	Spin		FEELING RIDE TU						
	Mind 1								
	Mind 2			GYM BALL TU			CORE ABS TU		
17-Feb SUN	GX		S.G.T @ Functional Zone						
	Spin								
	Mind 1								
	Mind 2			FAH				YOGA 2 PU	



PARK VILLAGE Rama2

FROM : 18-Feb
TO : 24-Feb

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



PARK VILLAGE Rama2

FROM : 25-Feb
TO : 28-Feb

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