



O2 FITNESS TREE ON 3

April

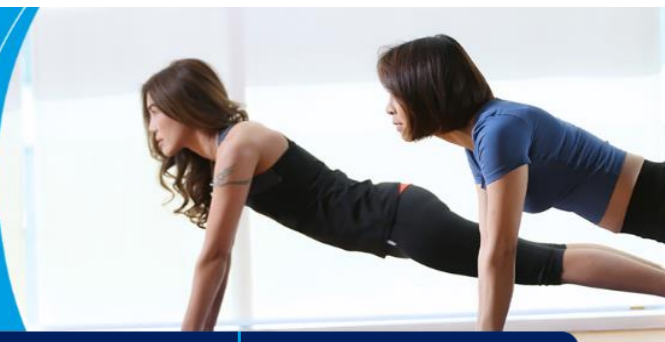


Day / Time	9:00	10:00	12.00	18:00 PM	19:00 PM	19:15 PM	20:00 PM
Mon	 GYM BALL	SGT	 CORE ABS	 RIP	 WAR	TABATA	 YOGA 2
Tue	 CORE ABS	O2 BURN	 YOGA 1	 YOGA 1	 CORE ABS		 RIP
Wed	STRETCHING	Circuit	 CORE ABS	 YOGA 2	 ZUMBA	Circuit	 STEP BEGIN
Thu	 YOGA 1	 CORE ABS	 MOVE BEGIN	 RIP	 CORE ABS		 BOOT
Fri	TABATA	SGT	 RIPEP	H.I.I.T	 WAR	Circuit	 YOGA 1
Day / Time		11.00		17.00-17.30		18:00	
Sat		 CORE ABS		SGT		 YOGA 1	
Sun		 WAR		SGT		 BOOT	



O2 FITNESS TREE ON 3

April 1-7



Day / Time		9:00	10:00	12.00	18:00	19:00 PM	19:15PM	20:00 PM
1	Mon	GYM BALL Joe	SGT Bas	CORE ABS Peter	RIP Peter	WAR Dew	TABATA Noon	YOGA 2 Lexx
2	Tue	CORE ABS Zom	O2 BURN Art	YOGA 1 Noon	YOGA 1 Art	CORE ABS Joe		RIP Bas
3	Wed	FRETCHIN Art	Circuit Dew	CORE ABS Noon	YOGA 2 Lexx	ZUMBA Nut	Circuit ig-Boss	STEP BEGIN Bas
4	Thu	YOGA 1 Art	CORE ABS Bas	MOVE BEGIN Noon	RIP Nho-to	CORE ABS Zom		BOOT Peter
5	Fri	TABATA Peter	SGT Noon	RIP Bas	H.I.I.T Zom	WAR Dew	Circuit oss-Mee	YOGA 1 Art
Day / Time		11.00		17.00-17.30		18:00		
6	Sat		CORE ABS Zom		SGT Zom		YOGA 1 Art	
7	Sun		WAR Dew		SGT Dew		BOOT Noon	



O2 FITNESS TREE ON 3

8to14



Day / Time		9:00	10:00	12.00	18:00 PM	19:00 PM	19:15 PM	20:00 PM
8	Mon	Zom GYM BALL	SGT Bas	Peter CORE ABS	Launch Piloxing The Mix			
9	Tue	Zom CORE ABS	O2 BURN Art	Noon YOGA 1	Art YOGA 1	Dew CORE ABS		Bas RIP
10	Wed	RETCHII Art	Circuit Dew	Noon CORE ABS	Lexx YOGA 2	Nut ZUMBA	Circuit Peter	Bas STEP BEGIN
11	Thu	Art YOGA 1	Bas CORE ABS	Bas MOVE BEGIN	Who-to RIP	Zom CORE ABS		Peter BOOT
12	Fri	TABATA Zom	SGT Noon	Peter RIP EP	H.I.I.T Peter	Dew WAR	Circuit Bas	Art YOGA 1
Day / Time		11.00		17.00-17.30		18:00		
13	Sat		Zom CORE ABS		SGT Zom		Art YOGA 1	
14	Sun		Dew WAR		SGT Peter		Bas BOOT	



O2 FITNESS TREE ON 3

15to21



Day / Time		9:00	10:00	12.00	18:00 PM	19:00 PM	19:15PM	20:00 PM
15	Mon	Zom GYM BALL	SGT Bas	Peter CORE ABS	Peter RIP	Dew WAR	TABATA Noon	Lexx YOGA 2
16	Tue	Zom CORE ABS	O2 BURN Art	Noon YOGA 1	Art YOGA 1	Dew CORE ABS		Bas RIP
17	Wed	RETCHIN Art	Circuit Dew	Noon CORE ABS	Lexx YOGA 2	Nut ZUMBA	Circuit Peter	Bas STEP BEGIN
18	Thu	Art YOGA 1	Bas CORE ABS	Bas MOVE BEGIN	Nho-to RIP	Zom CORE ABS		Peter BOOT
19	Fri	TABATA Zom	SGT Noon	Peter RIP	H.I.I.T Peter	Dew WAR	Circuit Noon	Art YOGA 1
Day / Time		11.00		17.00-17.30		18:00		
20	Sat		Zom CORE ABS		SGT Joe		Art YOGA 1	
21	Sun		Dew WAR		SGT Peter		Noon BOOT	

O2 FITNESS TREE ON 3

22to28



Day / Time		9:00	10:00	12.00	18:00	19:00PM	19:15PM	20:00 PM
22	Mon	Joe	SGT Bas	Zom	Peter	Dew	TABATA Noon	Lexx
23	Tue	Zom	O2 BURN Art	Noon	Art	Joe		Bas
24	Wed	Circuit Dew	RETCHIN Joe	Noon	Lexx	Nut	Circuit Peter	Bas
25	Thu	Art	Bas	Noon	Peter	Zom		Joe
26	Fri	TABATA Zom	SGT Noon	Peter	H.I.I.T Joe	Dew	Circuit Bas	Art
Day / Time		11.00		17.00-17.30		18:00		
27	Sat		Joe		SGT Joe		Art	
28	Sun		Dew		SGT Dew		Noon	

