



O2 FITNESS TREE ON 3

March











Day / Time	9:00	10:00	12.00	18:00 PM	19:00 PM	19:15 PM	20:00 PM
Mon	SGT	GYM BALL	CORE ABS	RIP	WAR	TABATA	YOGA 2
Tue	CORE ABS	O2 BURN	YOGA 1	YOGA 2	CORE ABS		RIP
Wed	Circuit	STRETCHING	YOGA 1	YOGA 2	ZUMBA	Circuit	STEP BEGIN
Thu	YOGA 1	CORE ABS	MOVE BEGIN	RIP	CORE ABS		BOOT
Fri	TABATA	YOGA 1	RIP EP	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		YOGA 1	



O2 FITNESS TREE ON 3

March 1-3



Day / Time		9:00	10:00	12.00	18:00	19:00 PM	19:15PM	20:00 PM
1	Fri	TABATA zom	 YOGA 1 Noon	 RIP EP Peter	H.I.I.T Peter	 WAR Dew	Circuit Joe	 YOGA 1 Art
Day / Time		11.00			17.00-17.30		18:00	
2	Sat	 CORE ABS Joe			SGT Joe		 YOGA 1 Noon	
3	Sun	 WAR Win			SGT Peter		 BOOT Zom	



O2 FITNESS TREE ON 3

4to10



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



O2 FITNESS TREE ON 3

11to17



Day / Time		9:00	10:00	12.00	18:00 PM	19:00 PM	19:15PM	20:00 PM
11	Mon	SGT Joe	GYM BALL Bas	CORE ABS Zom	Launch Group Gx Rip Launch Group Gx Boot Launch Group Gx War			
12	Tue	CORE ABS Zom	O2 BURN Art	YOGA 1 Art				
13	Wed	Circuit Dew	RETCHIN Joe	YOGA 1 Noon				
14	Thu	YOGA 1 Noon	CORE ABS Bas	MOVE BEGIN Noon	RIP Nho-to	CORE ABS Zom		BOOT Joe
15	Fri	TABATA Zom	YOGA 1 Noon	RIFE P Peter	H.I.I.T Peter	WAR Dew	Circuit ig-Boss	YOGA 1 Art
Day / Time		11.00			17.00-17.30		18:00	
16	Sat		CORE ABS Zom		SGT Zom		YOGA 1 Art	
17	Sun		WAR Dew		SGT Dew		BOOT Peter	



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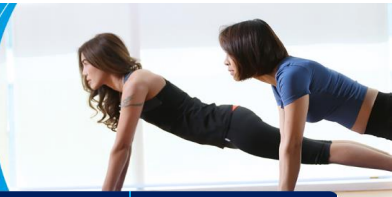
18to24



Day / Time		9:00		10:00		12:00		18:00		19:00PM		19:15PM		20:00 PM	
18	Mon	SGT	Joe	GYM BALL Bas	CORE ABS Zom	RIP Peter	WAR Dew	TABATA	Noon	YOGA 2 Lexx					
19	Tue	CORE ABS Zom	O2 BURN	Art	YOGA 1 Noon	YOGA 2 Aim	CORE ABS Joe			RIP Bas					
20	Wed	Circuit	Dew	RETCHIN	Joe	YOGA 1 Art	YOGA 2 Lexx	ZUMBA Nut	Circuit	Big-Mee	STEP BEGIN Bas				
21	Thu	YOGA 1 Noon	CORE ABS Bas	MOVE BEGIN Noon	RIP Who-to	CORE ABS Zom			BOOT Joe						
22	Fri	TABATA	Zom	YOGA 1 Noon	RIP EP Peter	H.I.I.T	Peter	WAR Dew	Circuit	Go-Jay	YOGA 1 Art				
Day / Time		11:00		17:00-17.30		18:00									
23	Sat		CORE ABS Zom			SGT	Bas	YOGA 1 Art							
24	Sun		WAR Win			SGT	Zom	BOOT Dew							

O2 FITNESS TREE ON 3

25to31



Day / Time		9:00		10:00		12:00		18:00		19:00 PM		19:15PM		20:00 PM	
25	Mon	SGT	Joe	GYM BALL	Bas	CORE ABS	Zom	RIP	Peter	WAR	Dew	TABATA	Noon	YOGA 2	Lexx
26	Tue	CORE ABS	Zom	O2 BURN	Art	YOGA 1	Noon	YOGA 2	Aim	CORE ABS	Joe			RIP	Bas
27	Wed	Circuit	Dew	RETCHIN	Joe	YOGA 1	Art	YOGA 2	Lexx	ZUMBA	Nut	Circuit	Lee-Boss	STEP BEGIN	Bas
28	Thu	YOGA 1	Noon	CORE ABS	Bas	MOVE BEGIN	Noon	RIP	Who-to	CORE ABS	Zom			BOOT	Joe
29	Fri	TABATA	Zom	YOGA 1	Noon	RIPEP	Peter	H.I.I.T	Peter	WAR	Dew	Circuit	Go-Jay	YOGA 1	Art
Day / Time				11:00				17:00-17:30				18:00			
30	Sat			CORE ABS	Zom			SGT	Bas			YOGA 1	Art		
31	Sun			WAR	Win			SGT	Peter			BOOT	Dew		