

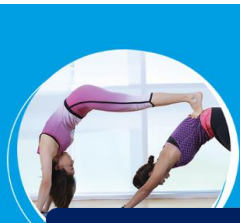


# O2 FITNESS TREE ON 3

December




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

December 1-2



Day / Time		9:00	10:00	12.00	18:00	19:00 PM	19:15PM	20:00 PM	
Day / Time			11.00		17.00-17.30		18:00		
1	Sat	<b>ANNIVERSARY 2 YEAR O2 Fitness RAMA3</b>						 <b>MIND</b> YOGA 1	
2	Sun		 <b>WAR</b>	<b>DEW</b>		 <b>SGT</b>	 <b>ART</b>		 <b>MIND</b> YOGA 1



# O2 FITNESS TREE ON 3

3to9

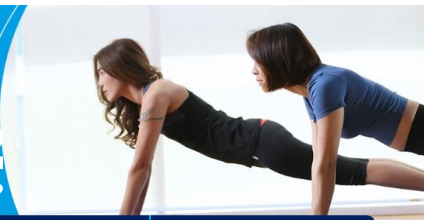


Day / Time		9:00		10:00		12.00		18:00 PM		19:00 PM		19:15 PM		20:00 PM		
3	Mon	<b>SGT</b>	BAS	YOGA 1	MIND	CORE ABS	BAS	RIP	PETER	WAR	DEW	<b>Circuit</b>	JOE	YOGA 2	LEXX	
4	Tue	CORE ABS	PETER	<b>O2 BURN</b>	ART	YOGA 1	NOON	YOGA 2	AIM	CORE ABS	JOE			RIP	BAS	
5	Wed			CORE ABS	11.00 JOE			STEP BEGIN	BAS							
6	Thu	YOGA 1	ART	CORE ABS	DEW	GYM BALL	ZOM	CORE ABS	BAS	RIP	ZOM			BOOT	JOE	
7	Fri	TABATA ZOM		YOGA 1	NOON	RIP EP	PETER	H.I.I.T	DEW	WAR	WIN			YOGA 1	ART	
<b>Day / Time</b>				11.00				17.00-17.30				18:00				
8	Sat			CORE ABS	ZOM			<b>SGT</b>	PETER			YOGA 1	ART			
9	Sun			WAR	DEW			<b>SGT</b>	BAS			YOGA 1	NOON			



# O2 FITNESS TREE ON 3

10to16



Day / Time		9:00	10:00	12.00	18:00 PM	19:00 PM	19:15PM	20:00 PM	
10	Mon		MIND 11.00 YOGA 1		PETER RIP				
11	Tue	PETER CORE ABS	O2 BURN ZOM	NOON YOGA 1	AIM YOGA 2	JOE CORE ABS		BAS RIP	
12	Wed	Circuit NOON	STRETCHING JOE	ART YOGA 1		WARBA			
13	Thu	ART YOGA 1	DEW CORE ABS	PETER GYM BALL	MIND CORE ABS	ZOM RIP		JOE BOOT	
14	Fri	TABATA ZOM	NOON YOGA 1	JOE RIP EP	H.I.I.T DEW	WIN WAR		ART YOGA 1	
Day / Time		11.00			17.00-17.30		18:00		
15	Sat		PETER CORE ABS		SGT JOE		MIND YOGA 1		
16	Sun		WIN WAR		SGT PETER		NOON YOGA 1		



# O2 FITNESS TREE ON 3

17to23



Day / Time		9:00	10:00	12:00	18:00	19:00PM	19:15PM	20:00 PM
17	Mon	SGT BAS	YOGA 1 MIMD	CORE ABS ZOM	RIP PETER	WAR DEW	Circuit NOON	YOGA 2 LEXX
18	Tue	CORE ABS PETER	O2 BURN ART	YOGA 1 NOON	YOGA 2 AIM	CORE ABS JOE		RIP BAS
19	Wed	Circuit NOON	STRETCHING JOE	YOGA 1 ART	YOGA 2 LEXX	ZUMBA NUT	TABATA MIND	STEP BEGIN BAS
20	Thu	YOGA 1 ART	CORE ABS DEW	GYM BALL PETER	CORE ABS MIND	RIP ZOM		BOOT JOE
21	Fri	TABATA ZOM	YOGA 1 NOON	RIP EP JOE	H.I.I.T DEW	WAR WIN		YOGA 1 ART
Day / Time		11:00			17.00-17.30		18:00	
22	Sat		CORE ABS ZOM		SGT PETER		YOGA 1 MIND	
23	Sun		WAR DEW		SGT BAS		YOGA 1 MIND	



# O2 FITNESS TREE ON 3

26to30



Day / Time		9:00	10:00	12:00	18:00	19:00 PM	19:15PM	20:00 PM							
24	Mon	SGT BAS	YOGA 1	MIND	ZOM CORE ABS	PETER RIP	DEW	Circuit JOE	YOGA 2	LEXX					
25	Tue	CORE ABS	PETER	O2 BURN	ART	NOON	YOGA 1	YOGA 2	AIM	JOE	CORE ABS	RIP	BAS		
26	Wed	Circuit	NOON	STRETCHING	JOE	YOGA 1	ART	YOGA 2	LEXX	ZUMBA	NUT	TABATA	MIND	STEP BEGIN	BAS
27	Thu	YOGA 1	ART	CORE ABS	DEW	GYM BALL	BAS	CORE ABS	MIND	RIP	ZOM		BOOT	JOE	
28	Fri	TABATA	ZOM	YOGA 1	NOON	RIPE P	ZOM	H.I.I.T	MIND	WAR	DEW		YOGA 1	ART	
Day / Time		11:00			17:00-17.30			18:00							
29	Sat		CORE ABS	ZOM		SGT	ART		YOGA 1	MIND					
30	Sun		WAR	DEW		SGT	DEW		YOGA 1	MIND					

