



# O2 FITNESS TREE ON 3

february



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	 GYM BALL	 RIP	 CORE ABS		 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

February 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	 RIP EP	H.I.I.T	 WAR	Circuit	 YOGA 1
Day / Time			11:00		17:00-17:30		18:00	
2	Sat		 CORE ABS	ZOM	SGT	NOON	 YOGA 1	ART
3	Sun		 WAR	WIN	SGT	ZOM	 BOOT	DEW



# 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	<b>SGT</b> JOE	GYM BALL BAS	CORE ABS PETER	RIP PETER	WAR DEW	TABATA	NOON LEXX
5	Tue	CORE ABS ZOM	O2 BURN NOON	YOGA 1 NOON	YOGA 2 AIM	CORE ABS JOE		RIP BAS
6	Wed	Circuit DEW	STRETCHING JOE	YOGA 1 ART	YOGA 2 LEXX	ZUMBA NUT	Circuit	GO-JAY STEP BEGIN BAS
7	Thu	YOGA 1 ART	CORE ABS BAS	GYM BALL NOON	RIP WHO-TO	CORE ABS ZOM		BOOT JOE
8	Fri	TABATA ZOM	YOGA 1 NOON	RIP EP PETER	H.I.I.T PETER	WAR DEW	Circuit	lee-Boss YOGA 1 ART
Day / Time		11.00			17.00-17.30		18:00	
9	Sat		CORE ABS JOE		<b>SGT</b> JOE		YOGA 1 ART	
10	Sun		WAR WIN		<b>SGT</b> BAS		BOOT DEW	



# 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	<b>SGT</b> BAS	GYM BALL JOE	CORE ABS PETER	<b>PILOXING KNOCKOUT</b>			
12	Tue	CORE ABS ZOM	O2 BURN ART	YOGA 1 NOON	YOGA 2 AIM	CORE ABS JOE		RIP BAS
13	Wed	Circuit DEW	STRETCHING JOE	YOGA 1 ART	YOGA 2 LEXX	ZUMBA NUT	Circuit	GOOS-BIG  STEP BEGIN BAS
14	Thu	YOGA 1 ART	CORE ABS BAS	GYM BALL NOON	RIP 'HO-TO	CORE ABS ZOM		BOOT JOE
15	Fri	TABATA ZOM	YOGA 1 NOON	RIFE P PETER	H.I.I.T BAS	WAR DEW	Circuit	Go-Big  YOGA 1 ART
Day / Time		11.00			17.00-17.30		18:00	
16	Sat		CORE ABS ZOM		<b>SGT</b> PETER		YOGA 1 NOON	
17	Sun		WAR DEW		<b>SGT</b> BAS		BOOT PETER	



# O2 FITNESS TREE ON 3

18to24



Day / Time		9:00	10:00	12:00	18:00	19:00PM	19:15PM	20:00 PM
18	Mon	SGT JOE	BAS	ZOM	PETER	DEW	TABATA	NOON LEXX
19	Tue		JOE 11.00		NOON			
20	Wed	Circuit DEW	STRETCHING JOE	ART	LEXX	NUT	Circuit LEE-BOOS	BAS
21	Thu	ART	BAS	NOON	HO-TO	ZOM		JOE
22	Fri	TABATA ZOM	NOON	PETER	H.I.I.T PETER	DEW	Circuit Bas	ART
Day / Time		11:00			17:00-17.30		18:00	
23	Sat		ZOM		STAFF PARTY			
24	Sun		DEW		SGT	BAS	PETER	

