O2 FITNESS RAMA 2

27 Jul - 2 Aug 2026

DAY / TIME	9:00	10:00	11:00	17:30	18:30	19:30
27 MON		TU	KAE	ZOM	GIGI	ZUMBA POP
28 TUE	Club Open 9.00	TAO			POP	Club Close 20.00
29 WED	Club Open 9.00		TU	KAE	TAO	Club Close 20.00
30 THU		PUENG	ZOM		HYBRID HUSTLE 18.30 – 20.00 By. O2 TEAM	
31 FRI	ZOM	ZUMBA PUENG	GIGI	POP	TU	
DAY / TIME		10:00		17:30		
1 SAT		ZOM		TU		
2 SUN		POP		TAO		

O2 FITNESS RAMA 2

3 - 9 August 2026

O2 fitness

DAY / TIME	9:00	10:00	11:00	17:30	18:30	19:30
3 MON		WAR TU	YOGA BEGIN KAE	SMALL GROUP TRAINING ZOM	YOGA BEGIN KAE	ZUMBA POP
4 TUE	YOGA BEGIN KAE	MAX RIDE CYCLE TAO			STEP BEGIN POP	RIP TU
5 WED		STEP BEGIN POP	SMALL GROUP TRAINING PUENG	YOGA BEGIN KAE	WAR TU	
6 THU		MOVE BEGIN PUENG	RIP ZOM		YOGA BEGIN KAE	O2 BURN TAO
7 FRI	GYM BALL CLASS ZOM	ZUMBA PUENG	YOGA BEGIN POR	MOVE BEGIN PUENG	BIKE DANCE TAO	
DAY / TIME		10:00		17:30		
8 SAT		H.I.I.T. ZOM		CORE ABS KAE		
9 SUN		SMALL GROUP TRAINING PUENG		TABATA TAO		

O2 FITNESS RAMA 2

10 - 16 August 2026

DAY / TIME	9:00	10:00	11:00	17:30	18:30	19:30	
10 MON		TAO	KAE	ZOM	GIGI	POP	
11 TUE	KAE	TAO			POP	TU	
12 WED	Club Open 9.00	POP	PUENG	KAE	TAO	Club Close 20.00	
13 THU		PUENG	TU		KAE	TAO	
14 FRI	ZOM	PUENG	GIGI	POP	TU		
DAY / TIME		10:00		17:30			
15 SAT		ZOM		TU			
16 SUN		PUENG		POP			

O2 FITNESS RAMA 2

17 - 23 August 2026

O2 fitness

DAY / TIME	9:00	10:00	11:00	17:30	18:30	19:30
17 MON		TU	KAE	ZOM	GIGI	ZUMBA PUENG
18 TUE	KAE	TAO			POP	TU
19 WED		POP	PUENG	KAE	TAO	
20 THU		PUENG	ZOM		KAE	TAO
21 FRI	ZOM	ZUMBA POP	GIGI	TAO	TU	
DAY / TIME		10:00		17:30		
22 SAT		ZOM		TU		
23 SUN		POP		TAO		

O2 FITNESS RAMA 2

24 - 30 August 2026

O2 fitness

DAY / TIME	9:00	10:00	11:00	17:30	18:30	19:30
24 MON		TU	KAE	ZOM	GIGI	POP
25 TUE	KAE	TU			POP TAO	PUENG
26 WED		POP	PUENG	KAE	TAO	
27 THU		PUENG	ZOM		KAE	TAO
28 FRI	ZOM	PUENG	GIGI	POP	TU	
DAY / TIME		10:00		17:30		
29 SAT		ZOM		TU		
30 SUN		PUENG		TAO		

O2 FITNESS RAMA 2

31 August 2026

DAY / TIME	9:00	10:00	11:00	17:30	18:30	19:30
31 MON		WAR TU	YOGA BEGIN KAE	SMALL GROUP TRAINING ZOM	YOGA BEGIN GIGI	ZUMBA POP
TUE						
WED						
THU						
FRI						
DAY / TIME		10:00		17:30		
SAT						
SUN						