



O2 FITNESS RAMA 2

01 - 04 June 2023



Day / Time	9:00	10:00	11:00	17.30	18.30	19.30	
Mon							
Tue							
Wed							
1 Thu		 WAR GX STUDIO WIN	 STEP BEGIN GX STUDIO POP		 YOGA 2 GX STUDIO KAE	 O2 BURN GX STUDIO PUENG	
2 Fri	 GYM BALL GX STUDIO PUENG	 ZUMBA GX STUDIO POP	 YOGA 2 GX STUDIO GIGI	 MOVE BEGIN GX STUDIO TU	 MAX RIDE SPIN STUDIO TAO		
Day / Time		10.00		> 17.30 <			
3 Sat		 TABATA GX STUDIO POP		 CORE ABS GX STUDIO PUENG			
4 Sun		 SMALL GROUP TRAINING FUNC. ZONE TAO		 CORE ABS GX STUDIO TU			



O2 FITNESS RAMA 2

05 - 11 June 2023



Day / Time	9:00	10:00	11:00	17.30	18.30	19.30	
5 Mon	Compensation H.M. Queen Birthday Open 09.00	YOGA 2 GX STUDIO KAE	MOVE BEGIN GX STUDIO POP	YOGA 2 GX STUDIO GIGI	SMALL GROUP TRAINING FUNC. ZONE TU	Compensation H.M. Queen Birthday Close 20.00	
6 Tue		CORE ABS GX STUDIO WIN	RIP GX STUDIO TAO		YOGA 2 GX STUDIO KAE	WAR SPIN STUDIO TU	
7 Wed	YOGA 2 GX STUDIO KAE	Dancing SPIN STUDIO TU		STEP BEGIN GX STUDIO POP	RIP GX STUDIO TAO		
8 Thu		WAR GX STUDIO WIN	STEP BEGIN GX STUDIO POP		YOGA 2 GX STUDIO KAE	O2 BURN GX STUDIO PUENG	
9 Fri	GYM BALL GX STUDIO PUENG	ZUMBA GX STUDIO POP	YOGA 2 GX STUDIO GIGI	MOVE BEGIN GX STUDIO TU	MAX RIDE SPIN STUDIO TAO		
Day / Time		10.00		> 17.30 <			
10 Sat		TABATA GX STUDIO WIN		CORE ABS GX STUDIO TU			
11 Sun		SMALL GROUP TRAINING FUNC. ZONE PUENG		CORE ABS GX STUDIO TAO			



O2 FITNESS RAMA 2

12 - 18 June 2023



Day / Time	9:00	10:00	11:00	17.30	18.30	19.30	
12 Mon		Agility HIIT GX STUDIO TAO	MOVE BEGIN GX STUDIO PUENG	YOGA 2 GX STUDIO GIGI	SMALL GROUP TRAINING FUNC. ZONE TU	ZUMBA GX STUDIO POP	
13 Tue		CORE ABS GX STUDIO WIN	RIP GX STUDIO TAO		YOGA 2 GX STUDIO KAE	WAR SPIN STUDIO TU	
14 Wed	YOGA 2 GX STUDIO KAE	Dancing SPIN STUDIO TU		STEP BEGIN GX STUDIO TAO	RIP GX STUDIO WIN		
15 Thu		WAR GX STUDIO WIN	STEP BEGIN GX STUDIO POP		YOGA 2 GX STUDIO KAE	O2 BURN GX STUDIO PUENG	
16 Fri	GYM BALL GX STUDIO PUENG	ZUMBA GX STUDIO POP	YOGA 2 GX STUDIO GIGI	MOVE BEGIN GX STUDIO TU	MAX RIDE SPIN STUDIO TAO		
Day / Time		10.00		≥ 17.30 ≤			
17 Sat		TABATA GX STUDIO WIN		CORE ABS GX STUDIO KAE			
18 Sun		SMALL GROUP TRAINING FUNC. ZONE PUENG		CORE ABS GX STUDIO TAO			



O2 FITNESS RAMA 2

19 – 25 June 2023

Day / Time	9:00	10:00	11:00	17.30	18.30	19.30
19 Mon		YOGA 2 GX STUDIO KAE	MOVE BEGIN GX STUDIO PUENG	YOGA 2 GX STUDIO GIGI	SMALL GROUP TRAINING FUNC. ZONE TAO	ZUMBA GX STUDIO POP
20 Tue		CORE ABS GX STUDIO POP	RIP GX STUDIO TAO		YOGA 2 GX STUDIO KAE	WAR SPIN STUDIO WIN
21 Wed	YOGA 2 GX STUDIO KAE	Dancing SPIN STUDIO TU		STEP BEGIN GX STUDIO POP	RIP GX STUDIO WIN	
22 Thu		WAR GX STUDIO WIN	STEP BEGIN GX STUDIO POP		YOGA 2 GX STUDIO KAE	O2 BURN GX STUDIO PUENG
23 Fri	GYM BALL GX STUDIO PUENG	ZUMBA GX STUDIO POP	YOGA 2 GX STUDIO GIGI	MOVE BEGIN GX STUDIO TU	MAX RIDE SPIN STUDIO TAO	
Day / Time		10.00		> 17.30 <		
24 Sat		GX STUDIO POP TABATA		CORE ABS GX STUDIO TU		
25 Sun		SMALL GROUP TRAINING FUNC. ZONE PUENG		CORE ABS GX STUDIO TAO		



O2 FITNESS RAMA 2

26 – 30 June 2023



Day / Time	9:00	10:00	11:00	17.30	18.30	19.30	
26 Mon		YOGA 2 GX STUDIO KAE	MOVE BEGIN GX STUDIO PUENG	YOGA 2 GX STUDIO GIGI	FUNC. ZONE TU	ZUMBA GX STUDIO POP	
27 Tue		CORE ABS GX STUDIO WIN	RIP GX STUDIO TAO		YOGA 2 GX STUDIO KAE	WAR SPIN STUDIO TU	
28 Wed	YOGA 2 GX STUDIO KAE	Dancing SPIN STUDIO TU		STEP BEGIN GX STUDIO POP	RIP GX STUDIO TAO		
29 Thu		WAR GX STUDIO WIN	STEP BEGIN GX STUDIO POP		YOGA 2 GX STUDIO KAE	O2 BURN GX STUDIO PUENG	
30 Fri	GYM BALL GX STUDIO PUENG	ZUMBA GX STUDIO POP	YOGA 2 GX STUDIO GIGI	MOVE BEGIN GX STUDIO TU	MAX RIDE SPIN STUDIO TAO		
Day / Time		10.00		> 17.30 <			
Sat							
Sun							