












O2 FITNESS RAMA 2

01-05 May 2024



Day / Time	9:00	10:00	11:00	17.30	18.30	19.30	
Mon							
Tue							
1 Wed	LABOUR DAY						
2 Thu		 GX STUDIO TU	 GX STUDIO TAO		 GX STUDIO KAE	 GX STUDIO POP	
3 Fri	 GX STUDIO TAO	 GX STUDIO POP	 GX STUDIO GIGI	 GX STUDIO PUENG	 GX STUDIO WIN		
Day / Time		10.00		> 17.30 <			
4 Sat		 H.I.I.T. GX STUDIO WIN		 GX STUDIO KAE TABATA			
5 Sun		 FUNC. ZONE POP		 GX STUDIO TU			



O2 FITNESS RAMA 2

06 - 12 May 2024



Day / Time	9:00	10:00	11:00	17.30	18.30	19.30	
6 Mon	Substitution for Coronation Day Open 09.00	WAR GX STUDIO TU	CORE ABS GX STUDIO POP	FUNC. ZONE WIN	YOGA 2 GX STUDIO GIGI	Substitution for Coronation Day Close 20.00	
7 Tue	YOGA 2 GX STUDIO KAE	FUNC. ZONE PUENG			STEP BEGIN GX STUDIO TAO	RIP GX STUDIO TU	
8 Wed		MOVE BEGIN GX STUDIO POP	MAX RIDE SPIN STUDIO WIN	YOGA 2 GX STUDIO KAE	MAX RIDE SPIN STUDIO TU		
9 Thu		RIP GX STUDIO WIN	STEP BEGIN GX STUDIO TAO		YOGA 2 GX STUDIO KAE	O2 BURN GX STUDIO POP	
10 Fri	GYM BALL GX STUDIO TAO	ZUMBA GX STUDIO PUENG	YOGA 2 GX STUDIO GIGI	MOVE BEGIN GX STUDIO PUENG	WAR GX STUDIO WIN		
Day / Time		10.00		> 17.30 <			
11 Sat		H.I.I.T. GX STUDIO POP		TABATA GX STUDIO KAE			
12 Sun		FUNC. ZONE POP		CORE ABS GX STUDIO TAO			



O2 FITNESS RAMA 2

13 - 19 May 2024



Day / Time	9:00	10:00	11:00	17.30	18.30	19.30	
13 Mon		WAR GX STUDIO TAO	YOGA 2 GX STUDIO KAE	FUNC. ZONE WIN	YOGA 2 GX STUDIO GIGI	ZUMBA GX STUDIO POP	
14 Tue	YOGA 2 GX STUDIO KAE	FUNC. ZONE PUENG			STEP BEGIN GX STUDIO POP	RIP GX STUDIO TAO	
15 Wed		MOVE BEGIN GX STUDIO PUENG	MAX RIDE SPIN STUDIO WIN	YOGA 2 GX STUDIO KAE	MAX RIDE SPIN STUDIO TU		
16 Thu		RIP GX STUDIO TU	STEP BEGIN GX STUDIO TAO		YOGA 2 GX STUDIO KAE	O2 BURN GX STUDIO POP	
17 Fri	GYM BALL GX STUDIO TAO	ZUMBA GX STUDIO POP	YOGA 2 GX STUDIO GIGI	MOVE BEGIN GX STUDIO PUENG	WAR GX STUDIO WIN		
Day / Time		10.00		> 17.30 <			
18 Sat		H.I.I.T. GX STUDIO TAO		GX STUDIO TU TABATA			
19 Sun		FUNC. ZONE PUENG		CORE ABS GX STUDIO WIN			



O2 FITNESS RAMA 2

20 - 26 May 2024

Day / Time	9:00	10:00	11:00	17.30	18.30	19.30	
20 Mon		WAR GX STUDIO TU	YOGA 2 GX STUDIO KAE	SMALL GROUP TRAINING FUNC. ZONE WIN	YOGA 2 GX STUDIO GIGI	ZUMBA GX STUDIO PUENG	
21 Tue	YOGA 2 GX STUDIO KAE	SMALL GROUP TRAINING FUNC. ZONE PUENG			STEP BEGIN GX STUDIO POP	RIP GX STUDIO TAO	
22 Wed	Wisakha Bucha Day Open 09.00	MOVE BEGIN GX STUDIO POP	MAX RIDE SPIN STUDIO WIN	YOGA 2 GX STUDIO KAE	MAX RIDE SPIN STUDIO TU	Wisakha Bucha Day Close 20.00	
23 Thu		RIP GX STUDIO WIN	STEP BEGIN GX STUDIO TAO		YOGA 2 GX STUDIO KAE	O2 BURN GX STUDIO TU	
24 Fri	GYM BALL GX STUDIO TAO	ZUMBA GX STUDIO POP	YOGA 2 GX STUDIO GIGI	MOVE BEGIN GX STUDIO PUENG	WAR GX STUDIO TU		
Day / Time		10.00		> 17.30 <			
25 Sat		HITT H.I.I.T. GX STUDIO KAE		TABATA GX STUDIO TU			
26 Sun		SMALL GROUP TRAINING FUNC. ZONE PUENG		CORE ABS GX STUDIO POP			



O2 FITNESS RAMA 2

27 - 31 May 2024



Day / Time	9:00	10:00	11:00	17.30	18.30	19.30	
27 Mon		WAR GX STUDIO TU	YOGA 2 GX STUDIO KAE	FUNC. ZONE WIN	YOGA 2 GX STUDIO GIGI	ZUMBA GX STUDIO PUENG	
28 Tue	YOGA 2 GX STUDIO KAE	FUNC. ZONE PUENG			STEP BOXING 18.30 - 20.00 GX STUDIO TAO/TU		
29 Wed		MOVE BEGIN GX STUDIO POP	MAX RIDE SPIN STUDIO WIN	YOGA 2 GX STUDIO KAE	MAX RIDE SPIN STUDIO TU		
30 Thu		STEP BOXING 10.00 - 11.30 GX STUDIO TU/TAO			YOGA 2 GX STUDIO KAE	O2 BURN GX STUDIO POP	
31 Fri	GYM BALL GX STUDIO TAO	ZUMBA GX STUDIO PUENG	YOGA 2 GX STUDIO GIGI	MOVE BEGIN GX STUDIO PUENG	WAR GX STUDIO WIN		
Day / Time		10.00		> 17.30 <			
Sat							
Sun							