O2 FITNESS RAMA 2

28 Sep - 4 Oct 2026

O2 fitness

DAY / TIME	9:00	10:00	11:00	17:30	18:30	19:30
28 MON		WAR TU	YOGA KAE	SMALL GROUP TRAINING ZOM	YOGA GIGI	ZUMBA POP
29 TUE	YOGA KAE	MAX RIDE CYCLE TAO			STEP POP	WAR x O2 BURN ZOM TU PUENG
30 WED		STEP POP	SMALL GROUP TRAINING PUENG	YOGA KAE	RIP TAO	
1 THU		MOVE PUENG	RIP ZOM		O2 BURN TU	YOGA KAE
2 FRI		ZUMBA POP	YOGA GIGI	GYM BALL CLASS ZOM	MAX RIDE CYCLE TAO	
DAY / TIME		10:00		17:30		
3 SAT		H.I.I.T. KAE		CORE ABS ZOM		
4 SUN		SMALL GROUP TRAINING TAO		TABATA POP		

O2 FITNESS RAMA 2

5 - 11 October 2026

DAY / TIME	9:00	10:00	11:00	17:30	18:30	19:30
5 MON		TAO	KAE	ZOM	GIGI	PUENG
6 TUE	KAE	TU			POP	TAO
7 WED		POP	PUENG	KAE	TAO	
8 THU		PUENG	ZOM		TU	KAE
9 FRI		ZUMBA POP	GIGI	ZOM	TU	
DAY / TIME		10:00		17:30		
10 SAT		TU		KAE		
11 SUN		PUENG		POP		

O2 FITNESS RAMA 2

12 - 18 October 2026

DAY / TIME	9:00	10:00	11:00	17:30	18:30	19:30	
12 MON		WAR TU	YOGA BEGIN KAE	SMALL GROUP TRAINING ZOM	YOGA BEGIN GIGI	HITZ DANCE PUENG	
13 TUE	Club Open 9.00	MAX RIDE CYCLE CLASS TU			RIP TAO	Club Close 20.00	
14 WED		STEP BEGIN POP	SMALL GROUP TRAINING PUENG	YOGA BEGIN KAE	WAR TU		
15 THU		MOVE BEGIN PUENG	RIP ZOM		O2 BURN TU	YOGA BEGIN KAE	
16 FRI		ZUMBA POP	YOGA BEGIN GIGI	GYM BALL CLASS ZOM	MAX RIDE CYCLE CLASS TAO		
DAY / TIME		10:00		17:30			
17 SAT		H.I.I.T. TU		CORE ABS ZOM			
18 SUN		SMALL GROUP TRAINING TAO		TABATA POP			

O2 FITNESS RAMA 2

19 - 25 October 2026

DAY / TIME	9:00	10:00	11:00	17:30	18:30	19:30
19 MON		TAO	KAE	ZOM	GIGI	PUENG
20 TUE	KAE	TU			POP	TAO
21 WED		POP	PUENG	KAE	TU	
22 THU		PUENG	ZOM		TU	KAE
23 FRI	Club Open 9.00	ZUMBA POP	GIGI	ZOM	TAO	Club Close 20.00
DAY / TIME		10:00		17:30		
24 SAT		KAE		ZOM		
25 SUN		TAO		PUENG		

O2 FITNESS RAMA 2

26 - 31 October 2026

O2 fitness

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