



O2 FITNESS RAMA 2

01 - 07 April 2024



Day / Time	9:00	10:00	11:00	17.30	18.30	19.30	
1 Mon		WAR GX STUDIO TU	YOGA 2 GX STUDIO KAE	FUNC. ZONE POP	YOGA 2 GX STUDIO GIGI	ZUMBA GX STUDIO PUENG	
2 Tue	YOGA 2 GX STUDIO KAE	GX STUDIO PUENG TABATA			STEP BEGIN GX STUDIO POP	RIP GX STUDIO TAO	
3 Wed		MOVE BEGIN GX STUDIO POP	FUNC. ZONE PUENG	YOGA 2 GX STUDIO KAE	MAX RIDE SPIN STUDIO TAO		
4 Thu		RIP GX STUDIO TAO	STEP BEGIN GX STUDIO POP		YOGA 2 GX STUDIO KAE	O2 BURN GX STUDIO PUENG	
5 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 <			
6 Sat		H.I.I.T. GX STUDIO WIN		GX STUDIO KAE TABATA			
7 Sun		FUNC. ZONE PUENG		CORE ABS GX STUDIO POP			



O2 FITNESS RAMA 2

08 - 14 April 2024



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



O2 FITNESS RAMA 2

15 - 21 April 2024



Day / Time	9:00	10:00	11:00	17.30	18.30	19.30	
15 Mon	Songkran Festival Open 09.00		WAR GX STUDIO TU	FUNC. ZONE PUENG	YOGA 2 GX STUDIO GIGI	Songkran Festival Close 20.00	
16 Tue	YOGA 2 GX STUDIO KAE	TABATA GX STUDIO PUENG			GYM BALL GX STUDIO TU	RIP GX STUDIO TAO	
17 Wed		MOVE BEGIN GX STUDIO POP	MAX RIDE SPIN STUDIO TAO	YOGA 2 GX STUDIO KAE	MAX RIDE SPIN STUDIO TU		
18 Thu		RIP GX STUDIO TU	STEP BEGIN GX STUDIO TAO		YOGA 2 GX STUDIO KAE	O2 BURN GX STUDIO POP	
19 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 <			
20 Sat		H.I.I.T. GX STUDIO WIN		TABATA GX STUDIO KAE			
21 Sun		FUNC. ZONE PUENG		CORE ABS GX STUDIO TAO			



O2 FITNESS RAMA 2

22 – 28 April 2024

Day / Time	9:00	10:00	11:00	17.30	18.30	19.30
22 Mon		WAR GX STUDIO TAO	YOGA 2 GX STUDIO KAE		SONGKRAN FESTIVAL BAN PERWER 18.30-20.00 WIN, TU vs POP, PUENG	
23 Tue	YOGA 2 GX STUDIO KAE	GX STUDIO WIN TABATA			STEP BEGIN GX STUDIO POP	RIP GX STUDIO TU
24 Wed		MOVE BEGIN GX STUDIO POP	MAX RIDE SPIN STUDIO WIN	YOGA 2 GX STUDIO KAE	MAX RIDE SPIN STUDIO TU	
25 Thu		RIP GX STUDIO TU	STEP BEGIN GX STUDIO WIN		YOGA 2 GX STUDIO KAE	O2 BURN GX STUDIO PUENG
26 Fri	GYM BALL GX STUDIO TAO	ZUMBA GX STUDIO POP	YOGA 2 GX STUDIO GIGI	SMALL GROUP TRAINING FUNC. ZONE TU	WAR GX STUDIO WIN	
Day / Time		10.00		> 17.30 <		
27 Sat		HITT GX STUDIO WIN		GX STUDIO KAE TABATA		
28 Sun		SMALL GROUP TRAINING FUNC. ZONE POP		CORE ABS GX STUDIO TAO		



O2 FITNESS RAMA 2

29 - 30 April 2024

Day / Time	9:00	10:00	11:00	17.30	18.30	19.30	
29 Mon		 WAR GX STUDIO TU	 YOGA 2 GX STUDIO KAE	 FUNC. ZONE WIN	 YOGA 2 GX STUDIO GIGI	 ZUMBA GX STUDIO PUENG	
30 Tue	 YOGA 2 GX STUDIO KAE	 GX STUDIO PUENG TABATA			 STEP BEGIN GX STUDIO POP	 RIP GX STUDIO TU	
Wed							
Thu							
Fri							
Day / Time		11.00	11.00	17.00-17.30	17.00-17.30	18.00	
Sat							
Sun							