

























O2 FITNESS TREE ON 3

APRIL 2024

Day / Time	9:00	10:00	11:00	18:00	19:00	19:15	20:00
Mon	 S.G.T	 O2 FIT	 CORE ABS	 RIP	 WAR		 YOGA 1
Tue	 STRETCHING	 HITT	 CORE ABS	 HITT	 MOVE BEGIN	 CIRCUIT	
Wed	 CORE ABS	 CIRCUIT	 PILATES MAT	 WAR	 YOGA 1	 TABATA	
Thu	 YOGA 1	 CORE ABS	 O2 FIT	 L.I.I.T	 RIP		
Fri	 CIRCUIT	 TABATA	 RIP Express	 HITT	 YOGA 1	 S.G.T	
Day / Time			11:00		17:00-17.45		
Sat			 CORE ABS		 TABATA		
Sun			 L.I.I.T		 HITT		



O2 FITNESS TREE ON 3

1-7 APRIL 2024

Day / Time	9:00	10:00	11:00	18:00	19:00	19:15	20:00
1 Mon	S.G.T MHOO	O2 FIT AYE	CORE ABS MAEN	RIP GUS	WAR SAMSAN		YOGA 1 ART
2 Tue	STRETCHING ART	H.I.I.T SAMSAN	CORE ABS AYE	H.I.I.T MEAN	MOVE BEGIN MHOO	CIRCUIT AYE	
3 Wed	CORE ABS MHOO	CIRCUIT MAEN	PILATES MAT ART	WAR SAMSAN AYE	YOGA 1 ART	TABATA GUS	
4 Thu	YOGA 1 ART	CORE ABS GUS	O2 FIT SAMSAN FIT	L.I.I.T MHOO	RIP MAEN		
5 Fri	CIRCUIT SAMSAN	TABATA AYE	RIP Express GUS	H.I.I.T MHOO	YOGA 1 NOK	S.G.T ART	
Day / Time			11:00		17:00-17.45		
6 Sat			CORE ABS GUS		TABATA MHOO		
7 Sun			L.I.I.T SAMSAN		H.I.I.T MAEN		



O2 FITNESS TREE ON 3

8-14 APRIL 2024

Day / Time	9:00	10:00	11:00	18:00	19:00	19:15	20:00
8 Mon			CORE ABS MAEN	RIP GUS			
9 Tue	STRETCHING ART	HITT SAMSAN	CORE ABS AYE	HITT MEAN	MOVE BEGIN MHOO	CIRCUIT AYE	
10 Wed	CORE ABS MHOO	CIRCUIT MAEN	PILATES MAT ART	O2 COLORFUL 6PM.			
11 Thu	YOGA 1 ART	CORE ABS MHOO	O2 FIT AYE	L.I.I.T SAMSAN	RIP MAEN		
12 Fri	CIRCUIT SAMSAN	TABATA AYE	RIP Express MAEN	HITT MHOO	YOGA 1 NOK	SMALL GROUP TRAINING	S.G.T ART
Day / Time			11.00		17.00-17.45		
13 Sat			CORE ABS ART		TABATA MHOO		
14 Sun			L.I.I.T AYE		HITT MAEN		



O2 FITNESS TREE ON 3

15-21 APRIL 2024

Day / Time	9:00	10:00	11:00	18:00	19:00	19:15	20:00
15 Mon			CORE ABS MHOO	RIP GUS			
16 Tue			CORE ABS ART	HITT H.I.I.T GUS			
17 Wed	CORE ABS AYE	CIRCUIT MAEN	PILATES MAT ART	WAR SAMSAN	YOGA 1 ART	TABATA GUS	
18 Thu	YOGA 1 ART	CORE ABS GUS	O2 FIT SAMSAN FIT	L.I.I.T MHOO	RIP MAEN		
19 Fri	CIRCUIT SAMSAN	TABATA ART	RIP Express GUS	HITT H.I.I.T MHOO	YOGA 1 NOK	SMALL GROUP TRAINING	S.G.T MAEN
Day / Time			11:00		17.00-17.45		
20 Sat			CORE ABS ART		TABATA GUS		
21 Sun			L.I.I.T SAMSAN		HITT H.I.I.T MAEN		



O2 FITNESS TREE ON 3













22-28 APRIL 2024

Day / Time	9:00	10:00	11:00	18:00	19:00	19:15	20:00
22 Mon	S.G.T MHOO	O2 FIT AYE	CORE ABS MAEN	RIP GUS	WAR SAMSAN		YOGA 1 ART
23 Tue	STRETCHING ART	H.I.I.T SAMSAN	CORE ABS AYE	H.I.I.T MEAN	MOVE BEGIN MHOO	CIRCUIT AYE	
24 Wed	CORE ABS MHOO	CIRCUIT MAEN	PILATES MAT ART	WAR SAMSAN AYE	YOGA 1 ART	TABATA GUS	
25 Thu	YOGA 1 ART	CORE ABS GUS	O2 FIT SAMSAN FIT	L.I.I.T MHOO	RIP MAEN		
26 Fri	CIRCUIT SAMSAN	TABATA AYE	RIP Express GUS	H.I.I.T MHOO	YOGA 1 NOK	S.G.T ART	
Day / Time			11:00		17:00-17.45		
27 Sat			CORE ABS MHOO		TABATA GUS		
28 Sun			L.I.I.T SAMSAN		H.I.I.T MAEN		



O2 FITNESS TREE ON 3

29-30 APRIL 2024

Day / Time	9:00	10:00	11:00	18:00	19:00	19:15	20:00
29 Mon	 S.G.T MAEN	 O2 FIT AYE	 CORE ABS MAEN	 RIP GUS	 WAR SAMSAN		 YOGA 1 ART
30 Tue	 STRETCHING ART	 H.I.I.T SAMSAN	 CORE ABS AYE	 H.I.I.T MEAN	 MOVE BEGIN MHOO	 CIRCUIT AYE	
Wed							
Thu							
Fri							
Day / Time			11.00		17.00-17.45		
Sat							
Sun							