



# O2 FITNESS TREE ON 3














MAY 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	H.I.I.T.	CORE ABS	H.I.I.T	MOVE BEGIN	S.G.T	
Wed	CORE ABS	CIRCUIT	PILATES MAT	WAR	YOGA 1	CIRCUIT	
Thu	YOGA 1	CORE ABS	O2 FIT	L.I.I.T	RIP		
Fri	CIRCUIT	TABATA	RIP Express	H.I.I.T	YOGA 1	TABATA	
Day / Time			11:00		17:00-17.45		
Sat			CORE ABS		TABATA		
Sun			L.I.I.T		H.I.I.T.		



# O2 FITNESS TREE ON 3

1-5 MAY 2024

Day / Time	9:00	10:00	11:00	18:00	19:00	19:15	20:00
Mon							
Tue							
1 Wed	<b>NATIONAL LABOUR DAY</b>						
2 Thu	 YOGA 1 ART	 CORE ABS GUS	 O2 FIT SAMSON FIT	 L.I.I.T MHOO	 RIP MAEN		
3 Fri	 CIRCUIT SAMSON	 TABATA AYE	 RIP Express GUS	 HITT H.I.I.T MAEN	 YOGA 1 NOK	 TABATA MHOO	
Day / Time			11:00		17:00-17.45		
4 Sat			 CORE ABS MHOO		 TABATA GUS		
5 Sun			 L.I.I.T SAMSON		 HITT H.I.I.T MAEN		





# O2 FITNESS TREE ON 3

6-12 MAY 2024

Day / Time	9:00	10:00	11:00	18:00	19:00	19:15	20:00
6 Mon			CORE ABS AYE	RIP GUS			
7 Tue	STRETCHING ART	H.I.I.T SAMSON	CORE ABS AYE	H.I.I.T MAEN	MOVE BEGIN MHOO	S.G.T AYE BELL	
8 Wed	CORE ABS MHOO	CIRCUIT MAEN	PILATES MAT ART	WAR SAMSON AYE	YOGA 1 ART	CIRCUIT GUS	
9 Thu	YOGA 1 ART	CORE ABS GUS	O2 FIT AYE	L.I.I.T MHOO	RIP MAEN		
10 Fri	CIRCUIT SAMSON	TABATA AYE	RIP Express MAEN	H.I.I.T MHOO	YOGA 1 NOK	TABATA ART	
Day / Time			11:00		17.00-17.45		
11 Sat			CORE ABS ART		TABATA MHOO		
12 Sun			L.I.I.T SAMSON		H.I.I.T MAEN		



# O2 FITNESS TREE ON 3

13-19 MAY 2024

Day / Time	9:00	10:00	11:00	18:00	19:00	19:15	20:00
13 Mon	S.G.T MHOO	O2 FIT AYE	CORE ABS MHOO	RIP GUS	WAR SAMSAN		YOGA 1 ART
14 Tue	STRETCHING ART	H.I.I.T SAMSON	CORE ABS AYE	<b>O2FIT ENDURANCE</b>			
15 Wed	CORE ABS MHOO	CIRCUIT MAEN	PILATES MAT ART	WAR SAMSAN AYE	YOGA 1 ART	CIRCUIT GUS	
16 Thu	YOGA 1 ART	CORE ABS GUS	O2 FIT SAMSON	L.I.I.T MHOO	RIP MAEN		
17 Fri	CIRCUIT SAMSON	TABATA AYE	RIP Express GUS	H.I.I.T MHOO	YOGA 1 NOK	TABATA ART	
Day / Time			11:00		17.00-17.45		
18 Sat			CORE ABS ART		TABATA GUS		
19 Sun			L.I.I.T AYE		H.I.I.T MAEN		





# O2 FITNESS TREE ON 3

20-26 MAY 2024

Day / Time	9:00	10:00	11:00	18:00	19:00	19:15	20:00
20 Mon	S.G.T MHOO	O2 FIT AYE	CORE ABS MAEN	RIP GUS	WAR SAMSON		YOGA 1 ART
21 Tue	STRETCHING ART	H.I.I.T SAMSON	CORE ABS AYE	H.I.I.T MAEN	MOVE BEGIN MHOO	S.G.T AYE	
22 Wed			CIRCUIT MHOO	TABATA SAMSON			
23 Thu	YOGA 1 ART	CORE ABS GUS	O2 FIT SAMSON	L.I.I.T MHOO	RIP MAEN		
24 Fri	CIRCUIT SAMSON	TABATA AYE	RIP Express GUS	H.I.I.T MHOO	YOGA 1 NOK	TABATA ART	
Day / Time			11:00		17.00-17.45		
25 Sat			CORE ABS ART		TABATA GUS		
26 Sun			L.I.I.T SAMSON		H.I.I.T AYE		



# O2 FITNESS TREE ON 3

27-31 MAY 2024

Day / Time	9:00	10:00	11:00	18:00	19:00	19:15	20:00
27 Mon	S.G.T MHOO	O2 FIT AYE	CORE ABS MAEN	RIP GUS	WAR SAMSON		YOGA 1 ART
28 Tue	STRETCHING ART	H.I.I.T SAMSON	CORE ABS AYE	H.I.I.T MAEN	MOVE BEGIN MHOO	S.G.T AYE BELL	
29 Wed	CORE ABS MHOO	CIRCUIT MAEN	PILATES MAT ART	WAR SAMSON AYE	YOGA 1 ART	CIRCUIT GUS	
30 Thu	YOGA 1 ART	CORE ABS GUS	O2 FIT SAMSON	L.I.I.T MHOO	RIP MAEN		
31 Fri	CIRCUIT SAMSON	TABATA AYE	RIP Express GUS	H.I.I.T MHOO	YOGA 1 NOK	TABATA ART	
Day / Time			11.00		17.00-17.45		
Sat							
Sun							