



































# O2 FITNESS TREE ON 3

JUNE 2023

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	 L.I.I.T	 MOVE BEGIN		
Wed	 CORE ABS	 CIRCUIT	 PILATES MAT	 WAR	 YOGA 1	 TABATA	
Thu	 YOGA 1	 CORE ABS	 O2 FIT	 CORE ABS	 RIP		
Fri	 YOGA 1	 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		 TABATA		



# O2 FITNESS TREE ON 3

1-4 JUNE 2023

Day / Time	9:00	10:00	11.00	18:00	19:00	19:15	20:00
Mon							
Tue							
Wed							
1 Thu	YOGA 1 ART	CORE ABS MOO	O2 FIT ZOM	CORE ABS NOON	RIP TON		
2 Fri	YOGA 1 NOON	TABATA ZOM	RIP Express TON	H.I.I.T MOO	YOGA 1 NOK	SMALL GROUP TRAINING	S.G.T SAMSON
Day / Time			11.00		17.00-17.45		
3 Sat			CORE ABS ZOM		TABATA MOO		
4 Sun			L.I.I.T TON		TABATA SAMSON		



# O2 FITNESS TREE ON 3

5-11 JUNE 2023

Day / Time	9:00	10:00	11:00	18:00	19:00	19:15	20:00
5 Mon			CORE ABS MOO	S.G.T ART			
6 Tue	STRETCHING ART	H.I.I.T ZOM	CORE ABS SAMSON	L.I.I.T NOON	MOVE BEGIN MOO		
7 Wed	CORE ABS MOO	CIRCUIT TON	PILATES MAT NOON	WAR SAMSON	YOGA 1 ART	TABATA ZOM	
8 Thu	YOGA 1 ART	CORE ABS SAMSON	O2 FIT ZOM	CORE ABS NOON	RIP TON		
9 Fri	YOGA 1 NOON	TABATA SAMSON	RIP Express TON	H.I.I.T MOO	YOGA 1 NOK	S.G.T ART	
Day / Time			11.00		17.00-17.45		
10 Sat			CORE ABS ZOM		TABATA ART		
11 Sun			L.I.I.T SAMSON		TABATA TON		



# O2 FITNESS TREE ON 3

12-18 JUNE 2023

Day / Time	9:00	10:00	11:00	18:00	19:00	19:15	20:00
12 Mon	S.G.T MOO	O2 FIT TON	CORE ABS MOO	RIP ZOM	WAR WINNING		YOGA 1 NOON
13 Tue	STRETCHING ART	H.I.I.T ZOM	CORE ABS SAMSON	L.I.I.T TON	MOVE BEGIN MOO		
14 Wed	CORE ABS NOON	CIRCUIT TON	PILATES MAT NOON	WAR SAMSON	YOGA 1 ART	TABATA ZOM	
15 Thu	YOGA 1 ART	CORE ABS SAMSON	O2 FIT ZOM	CORE ABS NOON	RIP TON		
16 Fri	YOGA 1 NOON	TABATA ZOM	RIP Express TON	H.I.I.T MOO	YOGA 1 NOK	S.G.T SAMSON	
Day / Time			11.00		17.00-17.45		
17 Sat			CORE ABS ART		TABATA MOO		
18 Sun			L.I.I.T TON		TABATA NOON		



# O2 FITNESS TREE ON 3

19-25 JUNE 2023

Day / Time	9:00	10:00	11:00	18:00	19:00	19:15	20:00
19 Mon	S.G.T MOO	O2 FIT TON	CORE ABS MOO	RIP ZOM	WAR WINNING		YOGA 1 ART
20 Tue	STRETCHING ART	H.I.I.T ZOM	CORE ABS SAMSON	L.I.I.T NOON	MOVE BEGIN MOO		
21 Wed	CORE ABS MOO	CIRCUIT TON	PILATES MAT NOON	WAR SAMSON	YOGA 1 ART	TABATA ZOM	
22 Thu	YOGA 1 ART	CORE ABS SAMSON	O2 FIT ZOM	CORE ABS NOON	RIP TON		
23 Fri	YOGA 1 NOON	TABATA SAMSAN	RIP Express TON	H.I.I.T MOO	YOGA 1 NOK	S.G.T ART	
Day / Time			11.00		17.00-17.45		
24 Sat			CORE ABS ZOM		TABATA ART		
25 Sun			L.I.I.T SAMSON		TABATA NOON		



# O2 FITNESS TREE ON 3

26-30 JUNE 2023



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