

**Schedule Epitome**  
**09 Sep 2019 - 15 Sep 2019**

Studio : Group Studio

Class : All Class

Time : All Time

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 - 08:00							
08:00 - 09:00	• Group Studio - Body Jam (Les Mills)	• Group Studio - TRX		• Group Studio - Body Combat (Les Mil...	• Group Studio - Body Balance (Les Mi...		
09:00 - 10:00	• Group Studio - Body Pump (Les Mills...)						
10:00 - 11:00							
11:00 - 12:00							
12:00 - 13:00							
13:00 - 14:00							
14:00 - 15:00							
15:00 - 16:00							
16:00 - 17:00							
17:00 - 18:00							
18:00 - 19:00							
19:00 - 20:00	• Group Studio - Body Combat (Les Mil...)	• Group Studio - Body Pump (Les Mills...)	• Group Studio - Body Balance (Les Mi...)	• Group Studio - Zumba	• Group Studio - TRX		
20:00 - 21:00							