

Aerobics Timetable

Effective Date : 14 February 2011

TIMINGS	MONDAY	TUSEDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:30 am	T.H.T Natasha	Pump Natasha	F.B Natasha	Pump Natasha	T.H.T Natasha	F.B Steve	-
10:00 am	-	-	-	-	-	-	Zumba Claudio
10:30 am	-	Pilates Paul \$7.00	YOGA Sulan \$ 7.00	Pilates Paul \$7.00	-	T.H.T Steve	-
11:30 am	-	-	-	-	-	Step Mary	-
01:00 pm	-	-	-	-	-	Pilates Paul \$7.00	-
03:00 pm	-	-	-	-	-	-	-
04:00 pm	-	-	-	-	-	-	-
05:15 pm	Pilates Paul \$7.00	-	-	-	-	-	-
06:00 pm	T.H.T steve	Step Mary	T.H.T steve	Pilates Paul \$7.00	L.I steve	-	-
06:30 pm	-	-	-	-	-	-	-
07:00 pm	Pump Mary	TAE BOX Beti	Sculpt Mary	Zumba Claudio	Zumba Rosanna	-	-
07:30 pm	-	-	-	-	-	-	F.B Claudio
08:00 pm	L.I Steve	T.H.T Pina	Zumba Claudio	T.H.T Monique	-	-	-
09:00 pm	Zumba Claudio	Zumba Claudio	Zumba Claudio	Zumba Rosanna	-	-	-