

d'GROOVE Fitness Group Dynamic Schedule *November 2017*

sport and wellness center Jl. Soekarno Hatta No.27 Bandung Phone : 022 6045400 www.dgroovesports.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07.00 - 08.00	AEROBIC STUDIO BODY SHAPE NOVAN	BODY & MIND STUDIO pilates IMOY	AEROBIC STUDIO SH'BAM VIRTUAL YUNI	AEROBIC STUDIO FIT BALL PINER	AEROBIC STUDIO BODY & MIND STUDIO STEP YOGA CIPI YUNI	AEROBIC STUDIO pilates DEDY AKO	
07.30 - 08.15	CYCLING STUDIO RPM TENDI	CYCLING STUDIO RPM SANDI	CYCLING STUDIO RPM LEON	CYCLING STUDIO RPM SANDI	CYCLING STUDIO RPM PINER	CYCLING STUDIO RPM SANDY	
08.15 - 09.15	AEROBIC STUDIO DANCE NOVAN	MARTIAL ART STUDIO BOXING DENI	AEROBIC STUDIO 08.30 09.30 BODYPUMP SANDI	AEROBIC STUDIO ZUMBA NOVAN	AEROBIC STUDIO BODY & MIND STUDIO YOGA IRWAN	AEROBIC STUDIO BODY & MIND STUDIO YOGA GANIS	TRX Studio TRX DENNY
09.30 - 10.00	AEROBIC STUDIO MMA COMBAT VIRTUAL		AEROBIC STUDIO BODYPUMP VIRTUAL	AEROBIC STUDIO BODY BALANCE VIRTUAL	AEROBIC STUDIO MMA COMBAT VIRTUAL	AEROBIC STUDIO SH'BAM VIRTUAL	AEROBIC STUDIO BODY BALANCE VIRTUAL
11.00 - 12.00	AEROBIC STUDIO BODYPUMP VIRTUAL	AEROBIC STUDIO MMA COMBAT VIRTUAL	AEROBIC STUDIO BODY BALANCE VIRTUAL	AEROBIC STUDIO BODYPUMP VIRTUAL	AEROBIC STUDIO BODY BALANCE VIRTUAL	AEROBIC STUDIO MMA COMBAT VIRTUAL	AEROBIC STUDIO MMA COMBAT VIRTUAL
13.00 - 14.00	AEROBIC STUDIO BODY BALANCE VIRTUAL	AEROBIC STUDIO BODY BALANCE VIRTUAL	AEROBIC STUDIO BODYPUMP VIRTUAL	AEROBIC STUDIO BODY BALANCE VIRTUAL	AEROBIC STUDIO MMA COMBAT VIRTUAL	AEROBIC STUDIO BODYPUMP VIRTUAL	AEROBIC STUDIO BODYPUMP VIRTUAL
15.00 - 16.00	AEROBIC STUDIO MMA COMBAT VIRTUAL	AEROBIC STUDIO BODYPUMP VIRTUAL	AEROBIC STUDIO MMA COMBAT VIRTUAL	AEROBIC STUDIO MMA COMBAT VIRTUAL	AEROBIC STUDIO BODYPUMP VIRTUAL	AEROBIC STUDIO BODY BALANCE VIRTUAL	AEROBIC STUDIO BODY BALANCE VIRTUAL
16.15 - 17.00	CYCLING STUDIO RPM SANDI						
16.45 - 17.45	AEROBIC STUDIO SH'BAM VIRTUAL	AEROBIC STUDIO SH'BAM VIRTUAL	AEROBIC STUDIO AEROBICS IMOY	AEROBIC STUDIO SH'BAM VIRTUAL	AEROBIC STUDIO SH'BAM VIRTUAL	AEROBIC STUDIO SH'BAM VIRTUAL	AEROBIC STUDIO SH'BAM VIRTUAL
18.00 - 19.00	AEROBIC STUDIO ZOOM BAYU	BODY & MIND STUDIO pilates YUNI	AEROBIC STUDIO Belly Dance SHANTY	BODY & MIND STUDIO YOGA GANIS	AEROBIC STUDIO FUN DANCE CIPI	BODY & MIND STUDIO YOGA IRWAN	AEROBIC STUDIO Style Dance NOVAN
18.15 - 19.00	CYCLING STUDIO 18.30 19.15 RPM LEON	CYCLING STUDIO RPM SANDY	CYCLING STUDIO 18.30 19.15 RPM KARIN	CYCLING STUDIO RPM SANDY	CYCLING STUDIO RPM KARIN		
19.15 - 20.15	AEROBIC STUDIO ZUMBA MAIKEL	AEROBIC STUDIO MARTIAL ART STUDIO ZUMBA BOXING DENI	AEROBIC STUDIO BODYPUMP PINER	CYCLING STUDIO RPM LEON	MARTIAL ART STUDIO BOXING DENI	CYCLING STUDIO RPM TENDI	AEROBIC STUDIO BODYPUMP SANDI

