

# FITNESS GROUP DYNAMIC SCHEDULE

## Juni 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07.00 - 08.00	AEROBIC STUDIO BODY SHAPE NOVAN	BODY&MIND STUDIO Pilates IMOY	AEROBIC STUDIO BODYPUMP DENNY	AEROBIC STUDIO STEP CIPI	AEROBIC STUDIO UJAM ERLINE	BODY&MIND STUDIO VINYASA YOGA GANIS	AEROBIC STUDIO Pilates DEDI
07.30 - 08.15	CYCLING STUDIO RPM TENDI	CYCLING STUDIO RPM SANDI	BODY&MIND STUDIO BODYBALANCE YUNI	CYCLING STUDIO RPM LEON	BODY&MIND STUDIO POWER YOGA YUNI	CYCLING STUDIO RPM LYNA	CYCLING STUDIO RPM SANDY
08.15 - 09.15	AEROBIC STUDIO DANCE NOVAN	TRX STUDIO BOXING DENI	AEROBIC STUDIO LINE DANCE A. SOFYAN	AEROBIC STUDIO ZUMBA NOVAN	BODY&MIND STUDIO HOT POWER VINYASA YOGA IRWAN	AEROBIC STUDIO ZOOM CINTA	AEROBIC STUDIO TAE BO DENNY
09.30 - 10.30	AEROBIC STUDIO COMBAT VIRTUAL			AEROBIC STUDIO BODYPUMP VIRTUAL	AEROBIC STUDIO BODYBALANCE VIRTUAL	AEROBIC STUDIO BODYPUMP VIRTUAL	AEROBIC STUDIO BODYBALANCE VIRTUAL
11.00 - 12.00	AEROBIC STUDIO BODYPUMP VIRTUAL	AEROBIC STUDIO COMBAT VIRTUAL	AEROBIC STUDIO BODYBALANCE VIRTUAL	AEROBIC STUDIO BODYPUMP VIRTUAL	AEROBIC STUDIO BODYBALANCE VIRTUAL	AEROBIC STUDIO COMBAT VIRTUAL	AEROBIC STUDIO COMBAT VIRTUAL
13.00 - 14.00	AEROBIC STUDIO BODYBALANCE VIRTUAL	AEROBIC STUDIO BODYBALANCE VIRTUAL	AEROBIC STUDIO BODYPUMP VIRTUAL	AEROBIC STUDIO BODYBALANCE VIRTUAL	AEROBIC STUDIO COMBAT VIRTUAL	AEROBIC STUDIO BODYPUMP VIRTUAL	AEROBIC STUDIO BODYPUMP VIRTUAL
15.00 - 16.00	AEROBIC STUDIO COMBAT VIRTUAL	AEROBIC STUDIO BODYPUMP VIRTUAL	AEROBIC STUDIO COMBAT VIRTUAL	AEROBIC STUDIO COMBAT VIRTUAL	AEROBIC STUDIO BODYPUMP VIRTUAL	AEROBIC STUDIO BODYBALANCE VIRTUAL	AEROBIC STUDIO BODYBALANCE 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 IMOY	CYCLING STUDIO 17.00 RPM 17.45 LEON	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 BASIC FLOW GANIS	AEROBIC STUDIO FUN DANCE CIPI	BODY&MIND STUDIO HOT POWER VINYASA YOGA IRWAN	AEROBIC STUDIO Style Dance NOVAN
18.15 - 19.00	CYCLING STUDIO 18.30 RPM 19.15 LEON	CYCLING STUDIO RPM SANDY	CYCLING STUDIO 18.30 RPM 19.15 KARIN	CYCLING STUDIO RPM SANDY	AEROBIC STUDIO VINYASA YOGA GANIS	AEROBIC STUDIO TAE BO TENDI	AEROBIC STUDIO Pilates IMOY
19.15 - 20.15	AEROBIC STUDIO ZUMBA MAIKEL	TRX STUDIO TRX JOKO	AEROBIC STUDIO ZUMBA MAIKEL	TRX STUDIO BOXING DENI	AEROBIC STUDIO 19.15 FBX 19.45 MAIKEL	CYCLING STUDIO RPM TENDI	AEROBIC STUDIO BODYPUMP SANDI