

FITNESS GROUP DYNAMIC SCHEDULE Juli 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 BODYPUMP SANDI | AEROBIC STUDIO STEP CIPI | AEROBIC STUDIO U-JAM ERLINE VINYASA YOGA GANIS | AEROBIC STUDIO Pilates DEDI |
| 07.30 - 08.15 | CYCLING STUDIO RPM TENDI | CYCLING STUDIO RPM SANDI | BODY&MIND STUDIO BODY BALANCE YUNI | CYCLING STUDIO RPM LEON | CYCLING STUDIO 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 BODY&MIND STUDIO ZUMBA NOVAN HOT POWER VINYASA YOGA IRWAN | AEROBIC STUDIO ZOOM CINTA | AEROBIC STUDIO TAE BO DENNY | AEROBIC STUDIO TRX STUDIO MERRY DENNY |
| 09.30 - 10.30 | AEROBIC STUDIO COMBAT VIRTUAL | | AEROBIC STUDIO BODYPUMP VIRTUAL | AEROBIC STUDIO BODY BALANCE VIRTUAL | AEROBIC STUDIO BODYPUMP VIRTUAL | AEROBIC STUDIO SH'BAM VIRTUAL | AEROBIC STUDIO BODY BALANCE VIRTUAL |
| 11.00 - 12.00 | AEROBIC STUDIO BODYPUMP VIRTUAL | AEROBIC STUDIO COMBAT VIRTUAL | AEROBIC STUDIO BODY BALANCE VIRTUAL | AEROBIC STUDIO BODYPUMP VIRTUAL | AEROBIC STUDIO BODY BALANCE VIRTUAL | AEROBIC STUDIO COMBAT VIRTUAL | AEROBIC STUDIO 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 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 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 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 BODY&MIND STUDIO Belly Dance SHANTY YOGA BASIC FLOW GANIS | AEROBIC STUDIO BODY&MIND STUDIO FUN DANCE CIPI HOT POWER VINYASA YOGA IRWAN | AEROBIC STUDIO BODY&MIND STUDIO Style Dance NOVAN VINYASA YOGA GANIS | AEROBIC STUDIO TAE BO TENDI Pilates IMOY | AEROBIC STUDIO COMBAT VIRTUAL BODYPUMP VIRTUAL |
| 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 | CYCLING STUDIO RPM KARIN | | |
| 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 |

