



	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	BODY & MIND STUDIO BODY BALANCE YUNI	AEROBIC STUDIO FIT BALL PINER	AEROBIC STUDIO pilates DEDY AKO	
07.30 - 08.15	CYCLING STUDIO RPM TENDI		CYCLING STUDIO RPM SANDI		CYCLING STUDIO RPM LEON	CYCLING STUDIO RPM LYNA	CYCLING STUDIO RPM SANDY
08.15 - 09.15	AEROBIC STUDIO DANCE NOVAN	MARTIAL ART STUDIO BOXING DENI	AEROBIC STUDIO Line Dance A.SOFYAN	AEROBIC STUDIO ZUMBA NOVAN	BODY & MIND STUDIO YOGA IRWAN	AEROBIC STUDIO ZOOM CINTA	AEROBIC STUDIO TRX Studio TRX DENNY
09.30 - 10.00	AEROBIC STUDIO MILLS COMBAT VIRTUAL		AEROBIC STUDIO BODYPUMP VIRTUAL		AEROBIC STUDIO BODY BALANCE VIRTUAL	AEROBIC STUDIO MILLS COMBAT VIRTUAL	AEROBIC STUDIO MILLS COMBAT VIRTUAL
11.00 - 12.00	AEROBIC STUDIO BODYPUMP VIRTUAL		AEROBIC STUDIO MILLS COMBAT VIRTUAL		AEROBIC STUDIO BODY BALANCE VIRTUAL	AEROBIC STUDIO MILLS COMBAT VIRTUAL	AEROBIC STUDIO MILLS COMBAT VIRTUAL
13.00 - 14.00	AEROBIC STUDIO MILLS COMBAT VIRTUAL		AEROBIC STUDIO BODY BALANCE VIRTUAL		AEROBIC STUDIO BODY BALANCE VIRTUAL	AEROBIC STUDIO MILLS COMBAT VIRTUAL	AEROBIC STUDIO BODYPUMP VIRTUAL
15.00 - 16.00	AEROBIC STUDIO MILLS COMBAT VIRTUAL		AEROBIC STUDIO BODYPUMP VIRTUAL		AEROBIC STUDIO MILLS COMBAT VIRTUAL	AEROBIC STUDIO BODY BALANCE VIRTUAL	AEROBIC STUDIO MILLS COMBAT VIRTUAL
16.15 - 17.00	CYCLING STUDIO RPM SANDI						
16.45 - 17.45	AEROBIC STUDIO MILLS COMBAT VIRTUAL		AEROBIC STUDIO MILLS COMBAT VIRTUAL		AEROBIC STUDIO MILLS COMBAT VIRTUAL	AEROBIC STUDIO MILLS COMBAT VIRTUAL	AEROBIC STUDIO MILLS COMBAT 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 RPM LEON		CYCLING STUDIO RPM SANDY		CYCLING STUDIO RPM KARIN	CYCLING STUDIO RPM SANDY	CYCLING STUDIO RPM KARIN
19.15 - 20.15	AEROBIC STUDIO ZUMBA MAIKEL	TRX Studio TRX PINER	AEROBIC STUDIO MARTIAL ART STUDIO BOXING DENI	AEROBIC STUDIO FAT BURN MAIKEL		CYCLING STUDIO MARTIAL ART STUDIO RPM LEON	CYCLING STUDIO AEROBIC STUDIO RPM SANDI