

FITNESS GROUP DYNAMIC SCHEDULE

Agustus 2018



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07.00 - 08.00	TRX STUDIO NOVAN	BODY&MIND STUDIO Dilates IMOY	AEROBIC STUDIO BODYPUMP DENNY	AEROBIC STUDIO STEP 1 CIPI	AEROBIC STUDIO U-JAM ERLINE	AEROBIC STUDIO Dilates DEDI	
07.30 - 08.15	CYCLING STUDIO RPM TENDI	CYCLING STUDIO RPM SANDI	BODY&MIND STUDIO BODY BALANCE YUNI	CYCLING STUDIO RPM SANDI	BODY&MIND STUDIO POWER YOGA YUNI	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	AEROBIC STUDIO HOT POWER VINASA YOGA IRWAN	AEROBIC STUDIO TAE BO DENNY	TRX STUDIO TRX 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	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 RPM 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 Dilates YUNI	AEROBIC STUDIO Belly Dance SHANTY	BODY&MIND STUDIO YOGA BASIC FLOW GANIS	AEROBIC STUDIO FUN DANCE CIPI	BODY&MIND STUDIO HOT POWER VINASA 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 JOKO	AEROBIC STUDIO ZUMBA MAIKEL	TRX STUDIO BOXING DENI	TRX STUDIO BOXING DENI	CYCLING STUDIO RPM TENDI	AEROBIC STUDIO BODYPUMP SANDI