

# FITNESS GROUP DYNAMIC SCHEDULE

## Oktober 2018



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
07.00 - 08.00	TRX STUDIO NOVAN	BODY&MIND STUDIO pilates IMOY	AEROBIC STUDIO BODYPUMP DENNY	AEROBIC STUDIO BODYPUMP SANDI	AEROBIC STUDIO STEP CIPI	AEROBIC STUDIO U-JAM 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 BODY BALANCE YUNI	CYCLING STUDIO RPM LEON	CYCLING STUDIO RPM SANDI	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	AEROBIC STUDIO TRX STUDIO MERRY TRX DENNY			
09.30 - 10.30	AEROBIC STUDIO TOUCH COMBAT VIRTUAL	AEROBIC STUDIO BODY BALANCE VIRTUAL	AEROBIC STUDIO 09.30 TOUCH COMBAT VIRTUAL	AEROBIC STUDIO 09.30 TOUCH COMBAT VIRTUAL	AEROBIC STUDIO 09.30 BODYPUMP VIRTUAL	AEROBIC STUDIO SH'BAM VIRTUAL	AEROBIC STUDIO BODYPUMP VIRTUAL	AEROBIC STUDIO 09.30 SH'BAM VIRTUAL			
10.15 - 10.45								AEROBIC STUDIO TOUCH COMBAT VIRTUAL			
16.15 - 17.00	CYCLING STUDIO RPM SANDI										
16.45 - 17.45	AEROBIC STUDIO 16.45 SH'BAM VIRTUAL	AEROBIC STUDIO BODYPUMP VIRTUAL	AEROBIC STUDIO IMOY	CYCLING STUDIO 17.00 RPM LEON	AEROBIC STUDIO 17.45 SH'BAM VIRTUAL	AEROBIC STUDIO TOUCH COMBAT VIRTUAL	AEROBIC STUDIO BODY BALANCE VIRTUAL	AEROBIC STUDIO 16.45 BODYPUMP 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	BODY&MIND STUDIO VINYASA YOGA GANIS	AEROBIC STUDIO TAE BO TENDI	BODY&MIND STUDIO pilates IMOY	AEROBIC STUDIO 17.30 BODY BALANCE VIRTUAL
18.15 - 19.00	CYCLING STUDIO 18.30 RPM LEON	CYCLING STUDIO 19.15	CYCLING STUDIO RPM SANDY	CYCLING STUDIO 18.30 RPM KARIN	CYCLING STUDIO 19.15	CYCLING STUDIO	CYCLING STUDIO	CYCLING STUDIO	CYCLING STUDIO	CYCLING STUDIO	
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 MAIKEL	TRX STUDIO BOXING DENI	CYCLING STUDIO RPM TENDI	AEROBIC STUDIO BODYPUMP SANDI			