

# FITNESS GROUP DYNAMIC SCHEDULE

## APRIL 2018



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07.00 - 08.00	AEROBIC STUDIO BODY SHAPE NOVAN	BODY&MIND STUDIO Pilates IMOY	AEROBIC STUDIO BODY&MIND STUDIO BODY PUMP DENNY	AEROBIC STUDIO TBALL PINER	AEROBIC STUDIO STEP X CIPI	AEROBIC STUDIO BODY&MIND STUDIO SH'BAM YOGA GANIS	AEROBIC STUDIO Pilates DEDI
07.30 - 08.15	CYCLING STUDIO RPM TENDI	CYCLING STUDIO RPM SANDI	CYCLING STUDIO RPM LEON	CYCLING STUDIO RPM SANDI	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	AEROBIC STUDIO YOGA IRWAN	AEROBIC STUDIO ZOOM CINTA	AEROBIC STUDIO TRX STUDIO MERRY DENNY
09.30 - 10.30	AEROBIC STUDIO BODY COMBAT VIRTUAL		AEROBIC STUDIO BODY PUMP VIRTUAL	AEROBIC STUDIO BODY BALANCE VIRTUAL	AEROBIC STUDIO BODY PUMP SANDI	AEROBIC STUDIO SH'BAM VIRTUAL	AEROBIC STUDIO BODY BALANCE VIRTUAL
11.00 - 12.00	AEROBIC STUDIO BODY PUMP VIRTUAL	AEROBIC STUDIO BODY COMBAT VIRTUAL	AEROBIC STUDIO BODY BALANCE VIRTUAL	AEROBIC STUDIO BODY PUMP VIRTUAL	AEROBIC STUDIO BODY BALANCE VIRTUAL	AEROBIC STUDIO BODY COMBAT VIRTUAL	AEROBIC STUDIO BODY COMBAT VIRTUAL
13.00 - 14.00	AEROBIC STUDIO BODY BALANCE VIRTUAL	AEROBIC STUDIO BODY BALANCE VIRTUAL	AEROBIC STUDIO BODY PUMP VIRTUAL	AEROBIC STUDIO BODY BALANCE VIRTUAL	AEROBIC STUDIO BODY COMBAT VIRTUAL	AEROBIC STUDIO BODY PUMP VIRTUAL	AEROBIC STUDIO BODY PUMP VIRTUAL
15.00 - 16.00	AEROBIC STUDIO BODY COMBAT VIRTUAL	AEROBIC STUDIO BODY PUMP VIRTUAL	AEROBIC STUDIO BODY COMBAT VIRTUAL	AEROBIC STUDIO BODY COMBAT VIRTUAL	AEROBIC STUDIO BODY PUMP 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 Pilates YUNI	AEROBIC STUDIO BODY&MIND STUDIO BODY PUMP SHANTY	AEROBIC STUDIO BODY&MIND STUDIO YOGA GANIS	AEROBIC STUDIO BODY&MIND STUDIO FUN DANCE CIPI	AEROBIC STUDIO BODY&MIND STUDIO YOGA IRWAN	AEROBIC STUDIO BODY&MIND 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 TRX STUDIO BOXING DENI	AEROBIC STUDIO FBX MAIKEL	TRX STUDIO BOXING DENI	CYCLING STUDIO RPM TENDI	AEROBIC STUDIO BODY PUMP SANDI