

d'GROOVE

Fitness Group Dynamic Schedule

December 2017

sport and wellness center

Jl. Soekarno Hatta No.27 Bandung Phone : 022 6045400 www.dgroovesports.com



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|--|--|---|--|--|---|--|
| 07.00 - 08.00 | AEROBIC STUDIO BODY SHAPE NOVAN | BODY & MIND STUDIO pilates IMOY | AEROBIC STUDIO LES MILLS SH'BAM VIRTUAL YUNI | BODY & MIND STUDIO FIT BALL PINER | AEROBIC STUDIO STEP CIPI | BODY & MIND STUDIO YOGA YUNI | AEROBIC STUDIO BODYPUMP DENNY |
| 07.30 - 08.15 | AEROBIC STUDIO CYCLING STUDIO RPM TENDI | AEROBIC STUDIO CYCLING STUDIO RPM SANDI | AEROBIC STUDIO CYCLING STUDIO RPM LEON | AEROBIC STUDIO CYCLING STUDIO RPM SANDI | AEROBIC STUDIO CYCLING STUDIO RPM PINER | AEROBIC STUDIO CYCLING STUDIO RPM SANDY | |
| 08.15 - 09.15 | AEROBIC STUDIO DANCE NOVAN | MARTIAL ART STUDIO BOXING DENI | AEROBIC STUDIO 08.30 09.30 BODYPUMP SANDI | AEROBIC STUDIO ZUMBA NOVAN | BODY & MIND STUDIO YOGA IRWAN | AEROBIC STUDIO TAE BO DENNY | BODY & MIND STUDIO YOGA GANIS |
| 09.30 - 10.00 | 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 | AEROBIC STUDIO MILLS COMBAT VIRTUAL |
| 11.00 - 12.00 | AEROBIC STUDIO BODYPUMP VIRTUAL | 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 | AEROBIC STUDIO MILLS COMBAT VIRTUAL |
| 13.00 - 14.00 | 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 | AEROBIC STUDIO MILLS COMBAT VIRTUAL | AEROBIC STUDIO MILLS COMBAT VIRTUAL |
| 15.00 - 16.00 | 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 | AEROBIC STUDIO MILLS COMBAT VIRTUAL | AEROBIC STUDIO MILLS COMBAT VIRTUAL |
| 16.15 - 17.00 | AEROBIC STUDIO CYCLING STUDIO RPM SANDI | | | | | | |
| 16.45 - 17.45 | AEROBIC STUDIO LES MILLS SH'BAM VIRTUAL | AEROBIC STUDIO LES MILLS SH'BAM VIRTUAL | AEROBIC STUDIO AEROBICS IMOY | AEROBIC STUDIO LES MILLS SH'BAM VIRTUAL | AEROBIC STUDIO LES MILLS SH'BAM VIRTUAL | AEROBIC STUDIO LES MILLS SH'BAM VIRTUAL | AEROBIC STUDIO LES MILLS SH'BAM 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 | AEROBIC STUDIO CYCLING STUDIO RPM LEON | AEROBIC STUDIO CYCLING STUDIO RPM SANDY | AEROBIC STUDIO CYCLING STUDIO RPM KARIN | AEROBIC STUDIO CYCLING STUDIO RPM SANDY | AEROBIC STUDIO CYCLING STUDIO RPM KARIN | | |
| 19.15 - 20.15 | AEROBIC STUDIO ZUMBA MAIKEL | TRX Studio TRX PINER | AEROBIC STUDIO ZUMBA MAIKEL | MARTIAL ART STUDIO BOXING DENI | AEROBIC STUDIO BODYPUMP PINER | CYCLING STUDIO MARTIAL ART STUDIO RPM LEON | AEROBIC STUDIO BOXING DENI |