

DYNAMIC SCHEDULE

February 2019



	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 BODYPUMP SANDI	AEROBIC STUDIO STEP & 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 LEON	CYCLING STUDIO RPM SANDI	BODY&MIND STUDIO POWER YOGA YUNI	CYCLING STUDIO RPM LYNA
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
09.30 - 10.30	AEROBIC STUDIO BODY COMBAT VIRTUAL	AEROBIC STUDIO BODY BALANCE VIRTUAL	09.30 10.00	AEROBIC STUDIO BODY COMBAT VIRTUAL	09.30 10.00	AEROBIC STUDIO BODYPUMP VIRTUAL	AEROBIC STUDIO SH'RAM VIRTUAL
10.15 - 10.45							AEROBIC STUDIO BODY COMBAT VIRTUAL
16.15 - 17.00	CYCLING STUDIO RPM SANDI						
16.45 - 17.45	AEROBIC STUDIO SH'RAM VIRTUAL	16.45 17.15	AEROBIC STUDIO BODYPUMP VIRTUAL	CYCLING STUDIO RPM TENDI	17.00 17.45	AEROBIC STUDIO IMYOY	CYCLING STUDIO RPM LEON
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 VINYASA YOGA IRWAN	AEROBIC STUDIO Style Dance NOVAN
18.15 - 19.00	CYCLING STUDIO RPM LEON	18.30 19.15	CYCLING STUDIO RPM SANDY	CYCLING STUDIO RPM KARIN	18.30 19.15	CYCLING STUDIO RPM SANDY	CYCLING STUDIO RPM KARIN
19.15 - 20.15	AEROBIC STUDIO HIT STEP	19.15 19.45	TRX STUDIO TRX	AEROBIC STUDIO ZUMBA	TRX STUDIO BOXING	AEROBIC STUDIO CAT BURR	19.15 19.45

