

AEROBICS GROUP

TIME TABLE 2017

Day	Time	Class	Routine
Monday	10:00am to 11:00am	AERO TONE	A blend of Aerobics, dance and toning exercises.
	7pm - 8.00pm	ZUMBA	Burn a ton of calories without even realizing it!
Tuesday	6.00pm to 7.00pm	MIXED DANCE	Free style dance, to the beat of top chart music.
	7.10pm to 8.10pm	MAGIC RING/BAND PILATES	Boost your flexibility and joint mobility.
Wednesday	6.30pm to 7.30pm	FUSION FLOW	An integration of gentle core movements/postures.
	7.35pm to 8.35pm	LATIN CARDIO FITNESS	Innovative and choreographed Latin dance fitness.
Thursday	11.15am to 12.15pm	LATIN CARDIO MOVES	Dance workout inspired by salsa, mambo & tango.
	6:30pm to 7:30pm	MASSAGE BALL/FOAM ROLLER PILATES	Stretch and massage to relieve stress and tension.
Friday	10:15am to 11:30am	ZUMBA	Total body workout with upbeat music tempos.
	7.00pm to 8.00pm	CUBAN VIBES	1 hour of Cuban inspired moves and grooves.
Saturday	4.00pm to 5.15pm	ZUMBA FITNESS	Ditch the workout and join the party!



PILATES
BAS **ALL CLASSES ARE HELD AT LEVEL 1**

For RM18 per month, you get to enjoy all the above 11 classes, with the best and most qualified instructors in town!

*day and time are subject to changes. Please confirm with reception.