













































08 Mar 2010 - 14 Mar 2010

	MONDAY 08/03	TUESDAY 09/03	WEDNESDAY 10/03	THURSDAY 11/03	FRIDAY 12/03	SATURDAY 13/03	SUNDAY 14/03
8:30am - 9:30am	 CARDIO AEROBICS YENNI	 STEP AEROBICS IRENE		 <i>Dance Aerobics</i> BUSMAN			
1:30pm - 2:30pm						 <i>Dance Aerobics</i> BUSMAN	 LESMILLS BODYPUMP STEVE & YENNI
4:00pm - 5:00pm						 STEP AEROBICS IRENE	 TAEKWONDO MASTER JEE (90 MINS)
5:15pm - 6:10pm	 BODY SCULPT AEROBICS YENNI	 TAEKWONDO MASTER JEE	 <i>Yoga + Pilates</i> JACK	 POCO POCO (DANCE EXERCISE) BUSMAN	 BELLY DANCING AMELIA		
6:20pm - 7:20pm	 LESMILLS BODYCOMBAT BABARA	 <i>Fitball Aerobics</i> KATE	 LESMILLS BODYCOMBAT BABARA	 LESMILLS BODYPUMP STEVE & YENNI	 <i>YOGA</i> ALVIN		
7:30pm - 8:30pm	 <i>Yoga + Pilates</i> JACK	 LESMILLS BODYPUMP STEVE & YENNI	 PARKOUR IVAN	 PILATES KATE	 LESMILLS BODYCOMBAT BABARA & DRUZ		

- * Please arrive at the studio 10 minutes before the class starts.
- * For safety and considerations of others, entering of the studio 15 mins after the class started will not be permitted.
- * Our Group Exercise Schedule is also available on our website at www.levelupfitness.com
- * Our Bodycombat instructor Druz will be away from 6th to 11th March 2010

08 Mar 2010 - 14 Mar 2010

	MONDAY 08/03	TUESDAY 09/03	WEDNESDAY 10/03	THURSDAY 11/03	FRIDAY 12/03	SATURDAY 13/03	SUNDAY 14/03
8:30am - 9:30am	 CARDIO AEROBICS YENNI	 STEP AEROBICS IRENE		 <i>Dance Aerobics</i> BUSMAN			
1:30pm - 2:30pm						 <i>Dance Aerobics</i> BUSMAN	 LESMILLS BODYPUMP STEVE & YENNI
4:00pm - 5:00pm						 STEP AEROBICS IRENE	 TAEKWONDO MASTER JEE (90 MINS)
5:15pm - 6:10pm	 BODY SCULPT AEROBICS YENNI	 TAEKWONDO MASTER JEE	 <i>Yoga + Pilates</i> JACK	 POCO POCO (DANCE EXERCISE) BUSMAN	 BELLY DANCING AMELIA		
6:20pm - 7:20pm	 LESMILLS BODYCOMBAT BABARA	 <i>Fitball Aerobics</i> KATE	 LESMILLS BODYCOMBAT BABARA	 LESMILLS BODYPUMP STEVE & YENNI	 <i>yoga</i> ALVIN		
7:30pm - 8:30pm	 <i>Yoga + Pilates</i> JACK	 LESMILLS BODYPUMP STEVE & YENNI	 PARKOUR IVAN	 PILATES KATE	 LESMILLS BODYCOMBAT BABARA & DRUZ		

- * Please arrive at the studio 10 minutes before the class starts. Thank you
- * For safety and considerations of others, entering of the studio 15 mins after the class started will not be permitted.
- * Our Group Exercise Schedule is also available on our website at www.levelupfitness.com
- * Our Bodycombat instructor Druz will be away from 6th to 11th March 2010