

## NOTICE

Studio will open as per normal schedule on  
Sunday, 1st September 2019 (Awal Muharam)

### Public Holiday Schedule on Monday, 2nd September 2019 (replacement of Awal Muharam)

TIME	CLASS	INSTRUCTOR	STUDIO
7:15AM-8:15AM	HOT POWER FLOW	MARTINA	Central studio
7:30AM-8:30AM	HOT POWER FLOW	ABI	Corner Studio
8:30AM-9:25AM	XTEND BARRE CARDIO SCULPT	LUBA	Central studio
8:45AM-9:45AM	HOT PILATES SCULPT	MARTINA	Corner Studio
9:45AM-10:45AM	HOT PILATES CORE	BILLY	Central studio
10:00AM-11:00AM	HOT POWER FLOW	ABI	Corner Studio
11:00AM-11:55AM	XTEND BARRE CARDIO SCULPT	BILLY	Central studio
11:15AM -12:05PM	HOT BARRE (50MINS)	LUBA	Corner Studio
12:15PM-1:10PM	XTEND BARRE FUNDAMENTALS	MICHELLE	Central studio
12:15PM-1:15PM	HOT PILATES SCULPT	KEN	Corner Studio
1:30PM-2:30PM	HOT POWER FLOW	CHARMAINE	Central studio
1:45PM-2:45PM	HOT SLOW FLOW	WYN-NIE	Corner Studio
2:45PM-3:45PM	HOT POWER FLOW	CHARMAINE	Central studio
3:00PM-4:00PM	HOT SLOW FLOW	WYN-NIE	Corner studio

Studio close at 4pm

## Public Holiday Schedule on Monday, 9th September 2019 (Agong's Birthday)

TIME	CLASS	INSTRUCTOR	STUDIO
7:15AM-8:15AM	HOT POWER FLOW	MARTINA	Central studio
7:30AM-8:30AM	HOT POWER FLOW	APPLE	Corner Studio
8:30AM-9:25AM	XTEND BARRE CARDIO SCULPT	LUBA	Central studio
8:45AM-9:45AM	HOT PILATES SCULPT	MARTINA	Corner Studio
9:45AM-10:45AM	HOT PILATES CORE	BILLY	Central studio
10:00AM-11:00AM	HOT POWER FLOW	APPLE	Corner Studio
11:00AM-11:55AM	XTEND BARRE CARDIO SCULPT	BILLY	Central studio
11:15AM -12:05PM	HOT BARRE (50MINS)	LUBA	Corner Studio
12:15PM-1:10PM	XTEND BARRE FUNDAMENTALS	MICHELLE	Central studio
12:15PM-1:15PM	HOT PILATES FLOW	LUBA	Corner Studio
1:30PM-2:30PM	HOT POWER FLOW	DEBBIE	Central studio
1:45PM-2:45PM	HOT SLOW FLOW	WYN-NIE	Corner Studio
2:45PM-3:45PM	HOT POWER FLOW	DEBBIE	Central studio
3:00PM-4:00PM	HOT SLOW FLOW	WYN-NIE	Corner studio

Studio close at 4pm

## Public Holiday Schedule on Monday, 16th September 2019 (Malaysia Day)

TIME	CLASS	INSTRUCTOR	STUDIO
7:15AM-8:15AM	HOT POWER FLOW	MARTINA	Central studio
7:30AM-8:30AM	HOT POWER FLOW	ABI	Corner Studio
8:30AM-9:25AM	XTEND BARRE CARDIO SCULPT	LUBA	Central studio
8:45AM-9:45AM	HOT PILATES SCULPT	MARTINA	Corner Studio
9:45AM-10:45AM	HOT PILATES CORE	BILLY	Central studio
10:00AM-11:00AM	HOT POWER FLOW	APPLE	Corner Studio
11:00AM-11:55AM	XTEND BARRE CARDIO SCULPT	BILLY	Central studio
11:15AM -12:05PM	HOT BARRE (50MINS)	LUBA	Corner Studio
12:15PM-1:10PM	XTEND BARRE FUNDAMENTALS	MICHELLE	Central studio
12:15PM-1:15PM	HOT PILATES SCULPT	KEN	Corner Studio
1:30PM-2:30PM	HOT POWER FLOW	CHARMAINE	Central studio
1:45PM-2:45PM	HOT SLOW FLOW	WYN-NIE	Corner Studio
2:45PM-3:45PM	HOT POWER FLOW	CHARMAINE	Central studio
3:00PM-4:00PM	HOT SLOW FLOW	WYN-NIE	Corner studio

Studio close at 4pm