

5 July 2010 - 11 July 2010

	MONDAY 05/07	TUESDAY 06/07	WEDNESDAY 07/07	THURSDAY 08/07	FRIDAY 09/07	SATURDAY 10/07	SUNDAY 11/07
7:15am - 8:15am	YOGA JACK	LESMILLS BODYCOMBAT DRUZ (45 MINS)	ABS XPRESS JAFREY (45 MINS)				
8:30am - 9:30am	CARDIO AEROBICS YENNI	STEP AEROBICS IRENE	QI-GONG STRETCH BARNABY	Dance Aerobics BUSMAN	LESMILLS BODYPUMP YENNI (45 MINS)		
1:30pm - 2:30pm						Dance Aerobics BUSMAN	LESMILLS BODYPUMP STEVE & JAFREY
2:45pm - 3:45pm						LESMILLS BODYCOMBAT BABARA & TRAINEE	LESMILLS BODYJAM TRAINEES
4:00pm - 5:00pm						STEP AEROBICS IRENE	BUTTS, LEGS & TUMS JAFREY (45 MINS)
5:15pm - 6:15pm	BODY SCULPT AEROBICS YENNI	TAEKWONDO MASTER JEE	POCO POCO (DANCE EXERCISE) BUSMAN	LESMILLS BODYPUMP YENNI & JAFREY	BELLY DANCING AMELIA		
6:20pm - 7:20pm	LESMILLS BODYCOMBAT BABARA & TRAINEE	LESMILLS BODYPUMP YENNI & JAFREY	LESMILLS BODYPUMP STEVE & JAFREY	LESMILLS BODYCOMBAT BABARA & TRAINEE	YOGA ALVIN		
7:30pm - 8:30pm	Yoga + Pilates JACK	LESMILLS BODYJAM TRAINEES	LESMILLS BODYCOMBAT BABARA & TRAINEE	Dance Aerobics BUSMAN	LESMILLS BODYJAM TRAINEES		
8:40pm - 9:40pm	SALSA DANCING EING	ABS XPRESS JAFREY (45 MINS)					

* Please arrive at the studio 10 minutes before the class starts and group exercise instructor(s) is subjected to change.

* 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.

* New programme(s) / New time slot(s) / Change of instructor(s)

** *Our dedicated instructor KATE, is away till the month of Aug'10.*