
































19 July 2010 - 25 July 2010

	MONDAY 19/07	TUESDAY 20/07	WEDNESDAY 21/07	THURSDAY 22/07	FRIDAY 23/07	SATURDAY 24/07	SUNDAY 25/07
7:15am - 8:15am	 ABS XPRESS JAFREY (45 MINS)	 LES MILLS BODYCOMBAT BABARA (45 MINS)					
8:30am - 9:30am	 CARDIO AEROBICS YENNI	 STEP AEROBICS IRENE	 BUTTS, LEGS & TUMS JAFREY	 Dance Aerobics BUSMAN	 LES MILLS BODYPUMP YENNI (45 MINS)		
1:30pm - 2:30pm						 Dance Aerobics BUSMAN	 LES MILLS BODYPUMP YENNI
2:45pm - 3:45pm						 LES MILLS BODYCOMBAT JUSTY & J.F	 LES MILLS BODYJAM MING & FOH EN
4:00pm - 5:00pm						 STEP AEROBICS IRENE	 YOGA 4:30pm - 5:30pm ALVIN
5:15pm - 6:15pm	 LES MILLS BODYPUMP JAFREY	 BODY SCULPT AEROBICS YENNI	 POCO POCO (DANCE EXERCISE) BUSMAN	 CARDIO AEROBICS YENNI	 BELLY DANCING AMELIA		
6:20pm - 7:20pm	 LES MILLS BODYCOMBAT BABARA & JUSTY	 LES MILLS BODYPUMP STEVE	 LES MILLS BODYCOMBAT JUSTY & J.F	 LES MILLS BODYPUMP JAFREY	 LES MILLS BODYCOMBAT BABARA		
7:30pm - 8:30pm	 Yoga + Pilates JACK	 LES MILLS BODYJAM MING & FOH EN	 PARKOUR IVAN	 Dance Aerobics BUSMAN	 LES MILLS BODYJAM MING & FOH EN		
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 arrangement(s) is subjected to change.

* For safety and considerations of others, **entering of studio 10 minutes after class commenced is not 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 mid-month of Aug'10 & Master Yoga ALVIN is away on 23-July-10.**