



CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>7:00-8AM</u> U.B.S	<u>7:00-8AM</u> Cardio Step	<u>7:00-8AM</u> Plyometric	<u>7:00-8AM</u> H.I.I.T	<u>7:00-8AM</u> L.B.S	<u>7:00-8AM</u> U.B.S	<u>7:00-8AM</u> L.B.S
<u>12:30-1.30PM</u> Power Yoga	<u>12:30-1.30PM</u> Intermediate Yoga	<u>12:30-1.30PM</u> PIYO	<u>12:30-1.30PM</u> Yoga Core	<u>12:30-1.30PM</u> PIYO	<u>12:30-1.30PM</u> Core Conditioning	<u>12:30-1.30PM</u> Core Conditioning
<u>6:15-7.15PM</u> Zumba	<u>6:15-7.15PM</u> 1 st : Spinning Bike	<u>6:15-7.15PM</u> Zumba	<u>5:00-6:00PM</u> Nutrition Talk (23 rd JANUARY)	<u>5:00-6:00PM</u> Nutrition Talk (3 rd JANUARY)	<u>6:15-7.15PM</u> L.B.S	<u>6:15-7.15PM</u> U.B.S
<u>7:30-8.30PM</u> L.B.S	<u>7:30-8.30PM</u> 2 nd : Spinning Bike	<u>7:30-8.30PM</u> Core Conditioning	<u>6:15-7.15PM</u> 1 st : Spinning Bike	<u>6:15-7.15PM</u> Zumba	<u>7:30-8.30PM</u> Cardio Step	<u>7:30-8.30PM</u> H.I.I.T
			<u>7:30-8.30PM</u> 2 nd : Spinning Bike	<u>7:30-8.30PM</u> Plyometric		

For more details, please call +603 2264 2830 or log on to life.hiltonkl.com
Classes is not available during Public Holiday