

SUND AY	MOND AY	TUE SD AY	WEDNE SD AY	THURSD AY	FRID AY	SAT URD AY
				1	2	3
				STRETCHING GEORGE 9 AM   PILLAR GYM		AQUA AEROBIC GEORGE 9 AM   PILLAR POOL
4	5	6	7	8	9	10
BODY PUMP GEORGE 9 AM   PILLAR GYM	AQUA AEROBIC GEORGE 9 AM   PILLAR POOL		TABATA GEORGE 9 AM   PILLAR GYM	STRETCHING GEORGE 9 AM   PILLAR GYM	BOOT CAMP GEORGE 9 AM   PILLAR GYM	AQUA AEROBIC GEORGE 9 AM   PILLAR POOL
11	12	13	14	15	16	17
BODY PUMP GEORGE 9 AM   PILLAR GYM	AQUA AEROBIC GEORGE 9 AM   PILLAR POOL		TABATA GEORGE 9 AM   PILLAR GYM	STRETCHING GEORGE 9 AM   PILLAR GYM  ZUMBA ASHAKIRAN 6 PM   MOVEMENT STUDIO 2ND FLOOR (LADIES ONLY)	BOOT CAMP GEORGE 9 AM   PILLAR GYM  YOGA ASHAKIRAN 6 PM   MOVEMENT STUDIO 2ND FLOOR	AQUA AEROBIC GEORGE 9 AM   PILLAR POOL  BOOT CAMP ASHAKIRAN 6 PM   PILLAR GYM
18	19	20	21	22	23	24
BODY PUMP GEORGE 9 AM   PILLAR GYM  BODY BALANCE ASHAKIRAN 6 PM   PILLAR GYM	AQUA AEROBIC GEORGE 9 AM   PILLAR POOL  MOBILITY ASHAKIRAN 6 PM   PILLAR GYM	YOGA ASHAKIRAN 6 PM   MOVEMENT STUDIO 2ND FLOOR	TABATA GEORGE 9 AM   PILLAR GYM	STRETCHING GEORGE 9 AM   PILLAR GYM  ZUMBA ASHAKIRAN 6 PM   MOVEMENT STUDIO 2ND FLOOR (LADIES ONLY)	BOOT CAMP GEORGE 9 AM   PILLAR GYM  YOGA ASHAKIRAN 6 PM   MOVEMENT STUDIO 2ND FLOOR	AQUA AEROBIC GEORGE 9 AM   PILLAR POOL  BOOT CAMP ASHAKIRAN 6 PM   PILLAR GYM
25	26	27	28	29	30	31
BODY PUMP GEORGE 9 AM   PILLAR GYM  BODY BALANCE ASHAKIRAN 6 PM   PILLAR GYM	AQUA AEROBIC GEORGE 9 AM   PILLAR POOL  MOBILITY ASHAKIRAN 6 PM   PILLAR GYM	YOGA ASHAKIRAN 6 PM   MOVEMENT STUDIO 2ND FLOOR	TABATA GEORGE 9 AM   PILLAR GYM	STRETCHING GEORGE 9 AM   PILLAR GYM  ZUMBA ASHAKIRAN 6 PM   MOVEMENT STUDIO 2ND FLOOR (LADIES ONLY)	BOOT CAMP GEORGE 9 AM   PILLAR GYM  YOGA ASHAKIRAN 6 PM   MOVEMENT STUDIO 2ND FLOOR	AQUA AEROBIC GEORGE 9 AM   PILLAR POOL  BOOT CAMP ASHAKIRAN 6 PM   PILLAR GYM



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