

GROUP FIT SCHEDULE 2020

| | DAY/TIME | MON | TUE | WED | THU | FRI | SAT | SUN |
|----------------|--------------------------------|------------|-------------------------|--------|--------|------------------------|--------------------------------|-----------|
| MORNING | STUDIO | | | | | | | |
| | 7:30 | Ambar | | Mineko | Mineko | Mineko | 7:15 Bobby | |
| | 8:00 | Ambar | Ade | Bobby | Bobby | Mineko | Core 6 Pack 30 8:15 Ambar | Lani |
| | 9:05 | Mineko | Rita | Mineko | Lani | Reni | 9:15 Ito | |
| | ARENA | | | | | | | |
| | 8:00 | Dya | 7:30 Ade | Ambar | | Ambar | | |
| | 9:05 | Bobby | Ade | Ambar | Ambar | Lani | 9:15 Ambar | 9:15 Lani |
| | Bale / GYM FLOOR / POOL | | | | | | | |
| | 8:00 | | Core 6 Pack 20 Ambar | | Rita | | Rommi | |
| | 9:05 | Agung | | | Rita | Anton | | |
| EVENING | STUDIO | | | | | | | |
| | 17:40 | Lani | Revo | Yuli | Ayu | Ayu | | |
| | 18:45 | Bobby | Ayu | Ade | Ayu | | | |
| | ARENA | | | | | | Group fitness class (per week) | |
| | 17:40 | Bobby | Ade | Lani | Ambar | Ade | Studio | 27 |
| | 18:45 | 19:40 Rita | Bobby | Ambar | Ambar | | Arena | 19 |
| | | | | | | Other | 6 | |
| | | | | | | Total class (per week) | 52 | |

- Note :
1. Please be on time for classes, its not good to skip the warm up.
 2. Inform the instructor if you are attending first time in the class for option movement & extra attention to you.
 3. Consult us if you have injuries & secific health condition before joining the class.