

AUGUST 2016 CLASSES

DAY	MORNING CLASS	EVENING CLASS
MONDAY	LADIES GYM SESSION *** (COACH NADIA) 9.00AM-11.00AM Venue : theplatform	ZUMBA FITNESS*** (ZIN EIJA) 8.30PM-9.30PM Venue : theplatform
TUESDAY	EARLY GROUP TRAINING 1* (7.00AM-9.00AM) Venue : theplatform	FUNCTIONAL TRAINING (COACH AZAD) 8.30PM-9.45PM Venue : theplatform
WEDNESDAY	LADIES GYM SESSION *** (COACH NADIA) 9.00AM-11.00AM Venue : theplatform	CIRCUIT TRAINING (COACH FAIDHI) 8.30PM-9.45PM Venue : theplatform
THURSDAY	EARLY GROUP TRAINING 2* (7.00AM-9.00AM) Venue : theplatform	FUNCTIONAL TRAINING (COACH AZAD) 8.30PM-9.45PM Venue : theplatform STEPBOARD***/BODYTONING***/PILOXING*** (COACH NADIA) 8.30PM-9.30PM Venue : Lavendar Height YOGA** 8.30PM-9.30PM Venue : TBA
FRIDAY	LADIES GYM SESSION *** (COACH NADIA) 9.00AM-11.00AM Venue : theplatform	ZUMBA FITNESS*** (ZIN NOOR) 8.30PM-9.30PM Venue : theplatform KICBOXING FITNESS* 8.30PM-9.30PM Venue : TBA
SATURDAY	NIL	NIL
SUNDAY	LADIES CONDITIONING CLASS** (COACH NADIA) 9.30AM-10.30AM Venue : theplatform	NIL

* New Class Coming Real Soon

** Minimum of 10 students required

***All Ladies class. For STEPBOARD class, only 12 students maximum will be entertained based on first come first serve basis.