



Group Fitness Schedule

helloLIFE

Grand Studio

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|--------------------|-----------------------|-----------------------|-----------------------|--------|--------------------|
| 5:15 am | | GROUP POWER | | GROUP POWER | | |
| 8:30 am | | | | | | GROUP POWER |
| 9:30 am | | GROUP POWER | GROUP CENTERGY | GROUP POWER | | |
| 9:35 am | | | | | | GROUP fight |
| 6:00 pm | GROUP POWER | GROUP CENTERGY | GROUP POWER | GROUP CENTERGY | | |

Baby Grand Studio

| | | | | | | |
|---------|----------------------------|--------------------|--|----------------------------|--|--|
| 6:00 pm | | GROUP fight | | | | |
| 6:10 pm | DANCE DEFINE FUSION | | | DANCE DEFINE FUSION | | |

Boxing Studio

| | | | | | | |
|---------|------------------|--|------------------|--|--|--|
| 9:30 am | <u>98 BOXING</u> | | <u>98 BOXING</u> | | | |
| 6:00 pm | <u>98 BOXING</u> | | <u>98 BOXING</u> | | | |

Spin Studio

| | | | | | | |
|---------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| 5:15 am | SIREN SPIN | | SIREN SPIN | | SIREN SPIN | |
| 8:15 am | | | | | | SIREN SPIN |
| 9:15 am | SIREN SPIN | | | | SIREN SPIN | |
| 6:00 pm | SIREN SPIN | SIREN SPIN | SIREN SPIN | SIREN SPIN | | |