

AUGUST 2018

<u>MONDAY</u>			<u>TUESDAY</u>			<u>WEDNESDAY</u>			<u>THURSDAY</u>			<u>FRIDAY</u>			<u>SATURDAY</u>			<u>SUNDAY</u>			
						1			2			3			4			5			
<h2 style="color: #4f81bd;">READY FOR SOMETHING NEW?</h2>																					
6			7			8			9			10			11			12			
10AM	YOGA 101		12PM	CORPORATE CLASS		10AM	YOGA 101		12PM	CORPORATE CLASS		10AM	YOGA 101		12:30PM	ADULT BALLET		<i>Go outside, do something that you will remember</i>			
2PM	PRIVATE YOGA		2PM	PRIVATE CLASS		5:30PM	PILOXING		2PM	PRIVATE CLASS		5:30PM	BODY SCULPT		1:45PM	JUNIOR BALLET					
5:45PM	HATHA YOGA		6PM	ZUMBA FITNESS		7PM	HATHA YOGA		6PM	ZUMBA FITNESS		7:30PM	CORPORATE CLASS		3PM	KINDER BALLET					
			7PM	VINYASA YOGA											4PM	ZUMBA FITNESS					
13			14			15			16			17			18			19			
10AM	YOGA 101		12PM	CORPORATE CLASS		10AM	YOGA 101		12PM	CORPORATE CLASS		10AM	YOGA 101		12:30PM	ADULT BALLET		10AM			KINDER BALLET
2PM	PRIVATE YOGA		2PM	PRIVATE CLASS		5:30PM	PILOXING		2PM	PRIVATE CLASS		5:30PM	BODY SCULPT		1:45PM	JUNIOR BALLET					
5:45PM	HATHA YOGA		6PM	ZUMBA FITNESS		7PM	HATHA YOGA		6PM	ZUMBA FITNESS		6:30PM	HIIT		3PM	KINDER BALLET					
			7PM	VINYASA YOGA								7:30PM	CORPORATE CLASS		4PM	ZUMBA FITNESS					
20			21			22			23			24			25			26			
10AM	YOGA 101		12PM	CORPORATE CLASS		<i>Selamat Hari Raya Aidil Adha</i>			12PM	CORPORATE CLASS		10AM	YOGA 101		12:30PM	ADULT BALLET		10AM			KINDER BALLET
2PM	PRIVATE YOGA		2PM	PRIVATE CLASS					2PM	PRIVATE CLASS		5:30PM	BODY SCULPT		1:45PM	JUNIOR BALLET					
5:45PM	HATHA YOGA		6PM	ZUMBA FITNESS					6PM	ZUMBA FITNESS		6:30PM	HIIT		3PM	KINDER BALLET					
			7PM	VINYASA YOGA								7:30PM	CORPORATE CLASS		4PM	ZUMBA FITNESS					
27			28			29			30			31									
10AM	YOGA 101		12PM	CORPORATE CLASS		10AM	YOGA 101		12PM	CORPORATE CLASS		4PM	VINYASA YOGA								
2PM	PRIVATE YOGA		2PM	PRIVATE CLASS		5:30PM	PILOXING		2PM	PRIVATE CLASS		5PM	ZUMBA FITNESS								
5:45PM	HATHA YOGA		6PM	ZUMBA FITNESS		7PM	HATHA YOGA		6PM	ZUMBA FITNESS		8PM	MERDEKA ZUMBA at Green Heights Mall								
			7PM	VINYASA YOGA																	

REMINDER

COMPULSORY BOOKING FOR ALL CLASSES

PLEASE BOOK YOUR SESSION VIA LINK IN INSTAGRAM BIO

OR CALL NABILA 014 274 7247