

**MILLENNIUM TOWER**  
**15th FEBRUARY - 23rd FEBRUARY 2020**

TIME	Saturday (15th FEB)	Sunday (16th FEB)	Monday (17th FEB)	Tuesday (18th FEB)	Wednesday (19th FEB)	Thursday (20th FEB)	Friday (21st FEB)	Saturday (22nd FEB)	Sunday (23rd FEB)
7:15 - 8:15am	Hatha Yoga 8:00am - 9:30am - Lily Yong	Operation Hour on Sunday 11am - 6pm	Step 2 It (I) 7:15am - 8:15am - Daniel Hew	Pump Fx (I) 7:15am - 8:15am - Ron	Aeroflight (I) 7:15am - 8:15am - Eric	Power Fx (I) 7:15am - 8:15am - TBC	Step 2 It (I) 7:15am - 8:15am - Dennis	Hatha Yoga 8:00am - 9:30am - Lily Yong	Operation Hour on Sunday 11am - 6pm
10:00 - 11:00am	Sculpt & Stretch 9:40am - 10:40am - Billy		Power Fx (M) 11:15am - 12:15pm - Delon	Aerodance (A) 10:00am - 11:00am - Ary	Zumba (I) 10:00am - 11:00am - CPe	Dance X-Pose (M) 10:00am - 11:30am	Step 2 It (B) 9:45am - 10:45am - Daniel Hew	Aerodance (B) 9:30am - 10:30am - Ary	
11:00 - 12:00pm	Zumba (M) 10:45am - 11:45am - Annie	Ritmo Fight (M) 12:15am - 1:15pm - Delon	Zumba (I) 11:00am - 12:00am - Justin	Belly Dancing (A) 11:10am - 12:40am - May Ho	Emy	Social Latin (I) 11:00am - 12:30am - RachelLee	Dance X-Pose (M) 10:30am - 12:00pm - Emy	Zumba (M) 10:45am - 11:45am - Annie	Aeroflight (M) 11:15am - 12:45pm - Daniel M.
12:00 - 1:00pm	Pilates Magic Circle (I) 12:05pm - 1:05pm - Nikki		Pilates Foam Roller (I) 12:00pm - 1:00pm - Nikki		Women Self Defense (M) 11:30am - 12:30pm - Asriza	Zen Yoga (I) 12:35pm - 1:50pm	Gyrokinesis (I) 12:00pm - 1:30pm	Mat Pilates (I) 12:05pm - 1:05pm - Nikki	
1:00 - 2:00pm			Chi Stretch (I) 1:00pm - 2:15pm - Martina		Pilates Fitball (I) 12:00pm - 1:00pm - Nikki	Swee Keong	Niki		
2:00 - 3:00pm	Dance X-Pose (M) 2:00pm - 4:00pm							Dance X-Pose (M) 2:00pm - 4:00pm	
3:00 - 4:00pm	Emy							Emy	
4:00 - 5:00pm	Yin Yoga (B) 4:15m - 5:15pm - Adele	Gyrokinesis (I) 3:25pm - 4:55pm Niki						Yin Yoga (B) 4:15m - 5:15pm - Adele	Gyrokinesis (I) 3:25pm - 4:55pm Niki
6:30 - 7:30pm	Operation Hour on Saturday 7am - 6pm	Operation Hour on Sunday 11am - 6pm	Zumba (I) 6:30pm - 7:30pm - CP	Strong by Zumba (M) 6:25pm - 7:25pm - May Low	Zumba (I) 6:30pm - 7:30pm - Ada	Aeroflight (A) 6:30pm - 7:30pm - Mark	Power Yoga (I) 6:00pm - 7:00pm - Felicia	Operation Hour on Saturday 7am - 6pm	Operation Hour on Sunday 11am - 6pm
7:30 - 8:30pm			Metalfit (I) 7:30pm - 8:15pm - Aaron	Step 2 It (A) 7:30pm - 8:45pm - Leo	Power Yoga (I) 7:30pm - 8:45pm	Social Latin (I) 7:00pm - 8:30pm - Daren			
8:00pm					Sam				

TIME	Saturday (15th FEB)	Sunday (16th FEB)	Monday (17th FEB)	Tuesday (18th FEB)	Wednesday (19th FEB)	Thursday (20th FEB)	Friday (21st FEB)	Saturday (22nd FEB)	Sunday (23rd FEB)
7:15 - 8:30am			Power Yoga (I) 7:15am - 8:45am - Lily Yong						
6:30 - 7:30pm			Pilates Foam Roller (I) 6:30pm - 7:30pm - Nikki	Gyrokinesis (I) 6:30pm - 8:00pm					
7:00 - 8:00pm				Niki		Hatha Yoga (I) 7:00pm - 8:00pm - Felicia			

ON LEAVE: **Rime (11/2), Kuan Yew (20/2)**

GYM NEWS: **Ladies please check out :**

- 1) Yin Yoga and Chi Stretch is an alternate class on every Monday at 1.00pm-2.15pm.
- 2) Aeroflight (7.15am) and Cardio Hi Lo (7.00 am) is an alternate class on every Wednesday.

Code	Level
To be confirmed (TBC)	Beginner (B)
Replacement (#)	Intermediate (I)
Male Instructor	Advance (A)
New Class	Multi (M)

**KL ECO CITY (MERCU 2)**  
**15th FEBRUARY - 23rd FEBRUARY 2020**

TIME	Saturday (15th FEB)	Sunday (16th FEB)	Monday (17th FEB)	Tuesday (18th FEB)	Wednesday (19th FEB)	Thursday (20th FEB)	Friday (21st FEB)	Saturday (22nd FEB)	Sunday (23rd FEB)
7:00 - 8:00am			Yoga (I) 7:00am-8:00am - Martina	Body Toning (M) 7:00am-8:00am - Arjete	Aeroflight (M) 7:00am-7:50am - Meor Daniel	Body Toning (M) 7:00am-8:00am - Arjete	Yoga (I) 7:00am-8:00am - Martina		
8:00 - 9:00am									
9:00 - 10:00am	Social Latin (B) 9:00am-10:00am - Daren							Social Latin (B) 9:00am-10:00am - Daren	
10:00 - 11:00am	Dance X-Pose (I) 10:00am-11:00pm - Emy		Freestyle Step (M) 10:30am-11:30am - Arjete	Step 2 It (M) 10:15am-11:15am - Daniel Hew	Freestyle Step (M) 10:00am-11:00am - Arjete	X-Fit (M) 10:30am-11:30am - Delon	Mat Pilates(M) 9:30am-10:30am - Ken Lim	Dance X-Pose (I) 10:00am-11:00pm - Emy	
11:00 - 12:00pm	Energy Yoga (I) 11:00pm-12:00pm - Cedric	VinyasaYoga (I) 11:00am-12:00pm -	Basic Hatha Yoga (B) 11:45am-12:45pm - Felicia	Yoga (I) 11:15am-12:15pm - Billy	Aerodance (M) 11:00am - 12:00pm - Ary	Ritmo Fight (I) 11:40am-12:40pm - Delon	Yoga (M) 11:35am-12:35pm - Nicole	Energy Yoga (I) 11:00pm-12:00pm - Cedric	VinyasaYoga (I) 11:00am-12:00pm - Mr Lum
12:00 - 1:00pm	Aerial Yoga (A) *12 pax* 12:00pm-1:00pm - Jane	Cardio Hi Lo (M) 12:00pm-1:00pm - Arene	Aerial Yoga (B) *12 pax* 1:05pm-2:05pm - Ame	TRX (M) *12Pax* 12:15pm-1:15pm - Delon	Functional Training (M) 12:00pm - 1:00pm - Steve	Zumba (M) 12:45pm-1:45pm - Ada Ng #	Zumba (M) 12:45pm-1:45pm - Annie	Aerial Yoga (A) *12 pax* 12:00pm-1:00pm - Jane	Cardio Hi Lo (M) 12:00pm-1:00pm - Arene
1:00 - 2:00pm	Cardio Hi Lo (M) 1:00pm-2:00pm - Arene	Aerial Yoga (B) *12 pax* 1:05pm-2:05pm - Ame	Step 2 It (M) 1:00pm-2:00pm - Nor	Restorative Yoga (I) 1:20pm-2:20pm - Lily Yap	Power Yoga (I) 1:00am-2:00pm - Felicia			Cardio Hi Lo (M) 1:00pm-2:00pm - Arene	Aerial Yoga (B) *12 pax* 1:05pm-2:05pm - Ame
2:00 - 3:00pm		Step 2 It (A) 1:10pm-2:10pm - Daniel Hew							Step 2 It (A) 1:10pm-2:10pm - Daniel Hew
3:00 - 4:00pm		Yin Yang Yoga (I) 3:10pm-4:10pm - Lily Yap							Yin Yang Yoga (I) 3:10pm-4:10pm - Lily Yap
4:00 - 5:00pm									
6:00 - 7:00pm	Operation Hour on Saturday 7am - 6pm	Operation Hour on Sunday 11am - 6pm	Zen Yoga (B) 6:30pm-7:30pm - Justine #	Aerial Yoga (A) *12 pax* 6:00pm-7:00pm - Jane				Operation Hour on Saturday 7am - 6pm	Operation Hour on Sunday 11am - 6pm
7:00 - 8:00pm			Pump Fx (I) 7:30pm-8:30pm - Sulfian			Hatha Yoga (I) 7:00pm-8:00pm - Carmen Tio	Vinyasa Yoga (I) 7:00pm-8:00pm - Mr Lum		
8:00 - 9:00pm						Yoga (I) 7:30pm-8:30pm - Martina	Step 2 It (A) 8:00pm-9:00pm Leo		

**PILATES STUDIO**

TIME	Saturday (15th FEB)	Sunday (16th FEB)	Monday (17th FEB)	Tuesday (18th FEB)	Wednesday (19th FEB)	Thursday (20th FEB)	Friday (21st FEB)	Saturday (22nd FEB)	Sunday (23rd FEB)
12:00 - 1:00pm	Stretch & Tone (B) 12:00pm-1:00pm - Muz							Stretch & Tone (B) 12:00pm-1:00pm - Muz	

ON LEAVE: **SWEE KEONG (17/2), RIME (20/2)**

GYM NOTICE: **- TRX & Aerial Yoga class - space is limited. Advance registration is required. (registration is only open on the day of the class)**

Code	Level
To be confirmed (TBC)	Beginner (B)
Replacement (#)	Intermediate (I)
Male Instructor	Advance (A)
New Class	Multi (M)

\*CLASS IS SUBJECT TO CHANGE

THE COMPANY RESERVE THE RIGHT TO REPLACE ANY OF THE CLASSES WHICH HAVE LOW ATTENDANCE (AVERAGE LOWER THAN 3)