

AEROBIC & ACTIVITIES SCHEDULE



Date	Day	MONDAY 1,8,15,22,29	TUESDAY 2,9,16,23,30	WEDNESDAY 3,10,17,24,31	THURSDAY 4,11,18,25	FRIDAY 5,12,19,26	SATURDAY 6,13,20,27	SUNDAY 7,14,21,28
MORNING		Hatha Yoga 06:15 – 07:15 Moo	Chi – Qong 06:15 – 07:00 Moo	Aerobic 06:15 – 07:15 King	Vinyasa Yoga 06:15 – 07:15 On	Body Toning 06:15 – 07:15 King	Morning Sadhana 05:30 – 07:30 (May 6,13,20)	Morning Sadhana 05:30 – 07:30 (May 28)
			Body Toning 10:00 – 10:45 Puen		Easy Move 10:00 – 10:45 Ole (May 11,18,25)		Kundalini Yoga 9.00 – 10.30 Tien (May 6,20)	Kundalini Yoga 08.30 – 10.00 Satya
		Aqua Fitness 11:00 – 12:00 Tob	Zumba 11:00 – 12:00 A	Vinyasa Yoga 11:00 – 12:00 Ole	Zumba 11:00 – 12:00 Nop	Pilates 11:00 – 12:00 Rose	Dantien Yoga 11:45 – 12:45 Dr. Salee	Lama Yoga 10:30 – 11:30 Man
AFTERNOON		Dantien Yoga 14:00 – 15:00 Rung (May 1,22,29)		Iyengar Yoga 14:00 – 15:00 Rung (May 10,24,31)		Body Toning 14:00 – 14:45 Joe	Step Aerobic 13:00 – 14:00 Nu	Boot camp 14:00 – 14:45 Fitz
EVENING		Body Toning 17:45 – 18:30 Joe (April 3,10,24)	Zumba 18:20 – 19:20 Mart	Boot camp 18:00 – 18:45 Fitz (May 10,17,24,31)	Fan Dance 18:20 – 19:20 Moo (May 4,11,18)	Step Aerobic 18:00 – 18:45 Nu	Zumba 14:00 – 15:00 Mart	
		Lama Yoga 18:30 – 19:30 Man	Lila Yoga (Thai Language) 19:30 – 20:30 Pranom	Dantien Yoga 19:00 – 20:00 Kim	Muay Thai 19:30 – 20:30 Fitz (May 4,25)	Flow Yoga 19:00 – 20:00 Ton		