

# FYSIO FITNESS

Fit Your Superb Integrity Objectives MONTH:SEPTEMBER 2016

## SUPERB STUDIO

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.00 AM-10.00 AM	BELLY DANCE JACQUELINE	FLOW YOGA ONG	ZUMBA WENNY	FLOW YOGA LEONARD	Hatha Yoga YAN		
10.00AM-11.00AM		MTV DANCE CHEN				POWER DANCE RONICIA	FY-TABATA JEREMY
11.00AM-12.00PM						ZUMBA CASSY	Hatha Yoga YAN
6.00PM-7.00PM	FLOW YOGA LEONARD	Hatha Yoga MICHELLE	blast fx JOJI	FY-PUMP MUZU	POWER CORE JEREMY		
7.00 PM-8.00 PM	FY-PUMP PIPER	ZUMBA CASSY	Multi style yoga SHERYL	Kickboxing ANGIE	BELLY DANCE JUSTIN		
8.05 PM-9.05 PM	POWER BALANCE PIPER	MAX INTERVAL JEREMY	MTV DANCE (8.15pm) ANGIE	ZUMBA IYVONNE	K-POP JUSTIN		
9.05Pm-10.05PM	K-POP JUSTIN		MMA (8pm-9.30pm) NEO	POWER DANCE RONICIA			
SPINNING STUDIO							
DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00 PM-9.00 PM	Spinning MARSHALL		Spinning MARSHALL				

### OPERATION HOURS:

MONDAY TO FRIDAY  
7.00AM-11.00PM

SATURDAY AND SUNDAY  
8.00AM-8.00PM

\* All classes will be changed accordingly or replace by other similar classes if there's any emergency. Thank You

\* MMA/Boxing Class will be conduct at FYSIO Functional Area.

PLEASE CALL FOR MORE INFO : 03-90109058