



# CHI Fitness PJ Trade Centre



## GROUP CLASSES SCHEDULE



Group-X Schedule For 6<sup>th</sup> February - 12th February 2012

### POWER HOUSE

06/01/2012 MON	07/2/2012 TUES	08/2/2012 WED	09/2/2012 THURS	10/2/2012 FRI	11/2/2012 SAT	12/2/2012 SUN
<b>HAPPY HOLIDAY</b>				10:15am Donald (M)	10:00am Annie (M)	
<b>OPERATION HOUR : 9:00am - 7:00pm</b>					11:15am Annie (B)	
	11:15am Yili (M)	6:15pm Annie (M)	6:15pm Yili (M)		12:30pm Anthony (M)	
12:30pm Annie (M)	12:30pm Annie (M)	7:30pm Simone (M)	7:30pm Yili (M)	7:15pm <b>BOOTCAMP</b> PT Team (M)	3:00pm <b>BODY SCULPT</b> Donald (M)	
		8:30pm Simone (M)		8:30pm Joe (M)		

### THE RIDE

MON	TUES	WED	THURS	FRI	SAT	SUN
11:15am Johnathan (M)	<b>NO CLASSES TODAY</b>				9:00am Damien (M)	12:00pm Johnathan (M)
		7:45pm Annie (M)	7:45pm Jane (M)	7:15pm Carina (M)		

### BODY & MIND

MON	TUES	WED	THURS	FRI	SAT	SUN
10:00am <b>BASIC YOGA</b> Yvette (B)	10:00am <b>FITBALL</b> Lily (M)	7:30am <b>Pilates</b> John (M)			8:00am <b>YOGA FLOW</b> Junko (M)	10:45am <b>YIN YOGA</b> Jacq (M)
		6:30pm <b>YOGA FLOW</b> Vincent (M)	6:30pm <b>BASIC YOGA</b> Raymond (B)	6:30pm <b>SUN SERIES</b> Lily (M)		1:15pm <b>BELLY DANCING</b> Sophia (M)
			7:45pm <b>VINYASA</b> Raymond (M)	7:45pm <b>Pilates</b> Lily (M)		

**Notice** - For safety reason and consideration to others, no one is allowed to enter the studio 15 minutes after the class start.

- Classes and Instructors subject to change at short notice.
- Please take note of the class schedule changes during Public Holidays.

Replacement
New On Board
New Time
Relocate Studio

**Class Levels:** B- Beginner, I- Intermediate, A- Advance, M- Multi Level

**Better Health for a Better Life**

Tel: 603- 7492 1023 Fax: 603- 7492 1026 E-mail: [pj@chi-fitness.com](mailto:pj@chi-fitness.com) Website: [www.chi-fitness.com](http://www.chi-fitness.com)



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## GROUP CLASSES SCHEDULE



### FEBRUARY 2012

#### POWER HOUSE

MON	TUES	WED	THURS	FRI	SAT	SUN
	7:30am Yili (M)			10:15am Donald (M)	10:00am Annie (M)	
					11:15am Annie (B)	
	6:15pm Joe (M)	6:15pm Annie (M)	6:15pm Yili (M)		12:30pm Anthony (M)	
	7:30pm <b>ABT</b> Annie (M)	7:30pm Simone (M)	7:30pm Yili (M)	7:15pm <b>BOOTCAMP</b> PT Team (M)	3:00pm <b>BODY SCULPT</b> Donald (M)	
8:30pm Annie (M)	8:30pm Annie (M)	8:30pm Simone (M)		8:30pm Joe (M)		

#### THE RIDE

MON	TUES	WED	THURS	FRI	SAT	SUN
					9:00am Damien (M)	12:00pm Johnathan (M)
7:15pm Johnathan (M)				7:15pm Carina (M)		
		7:45pm Annie (M)	7:45pm Damien (M)			

#### BODY & MIND

MON	TUES	WED	THURS	FRI	SAT	SUN
7:30am <b>BASIC YOGA</b> Yvette (B)		7:30am <b>Pilates</b> John (M)			8:00am <b>YOGA FLOW</b> Junko (M)	10:45am <b>YIN YOGA</b> Jacq (M)
6:30pm <b>POWER YOGA</b> Raymond (M)	6:30pm <b>FITBALL</b> Lily (M)	6:30pm <b>YOGA FLOW</b> Vincent (M)	6:30pm <b>BASIC YOGA</b> Raymond (B)	6:30pm <b>SUN SERIES</b> Lily (M)		1:15pm <b>BELLY DANCING</b> Sophia (M)
	7:45pm <b>HATHA YOGA</b> Lily (M)		7:45pm <b>VINYASA</b> Raymond (M)	7:45pm <b>Pilates</b> Lily (M)		

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