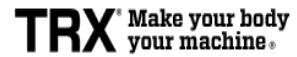




CHi @ BSC

GROUP CLASSES



February 2012 Instructor Replacement

POWER HOUSE

New On Board

24th Feb	Fri	9:15AM	Rodney	TRX (RIP Trainer)
24th Feb	Fri	6:45PM	Rodney	TRX (RIP Trainer)

BODY & MIND

<u>Date/Day</u>	<u>Time</u>	<u>Instructor</u>	<u>Class</u>	<u>Replaced by</u>
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New On Board

23rd Feb	Thurs	11:30AM	Daniela	Yogilates
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THE RIDE

<u>Date/Day</u>	<u>Time</u>	<u>Instructor</u>	<u>Class</u>	<u>Replaced by</u>
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Please Scroll Down for Feb Schedule

13th MON	14th TUES	15th WED	16th THURS	17th FRI	18th SAT	19th SUN
		7.00 AM TRX Body Blast MARGIE (AB)		7.15 AM LES MILLS BODYPUMP RIZ (M)		
		8.00 AM TRX Body Blast RIZ (M)	8.00 AM Be Free DELPHINE (B)			
9.15 - 10.00 AM LES MILLS SH'BAM ANTHONY (M)	9.15 AM JUKARI FIT TO FLY RODNEY (M)	9.15 - 10.00 AM LES MILLS SH'BAM ANTHONY (M)	9.15 AM BOLLYWOOD ANWAAR (M)	9.15 AM TRX Advanced RODNEY (A)		
10.15AM TRX Team TRX RIZ (M)	10.30AM DANCE MIX IVORY (M)	10.15AM TRX RIP Trainer RODNEY (M)	10.30AM TRX Body Blast GRACE (M)	10.30- 11.15AM A.B.T GRACE (M)	10.00AM TRX Body Blast RIZ (M)	10.00AM TRX Body Blast MARGIE (AB)
11.30AM LES MILLS BODYCOMBAT RIZ (M)					11.30AM LES MILLS BODYCOMBAT RIZ (M)	
6.45 PM JUKARI FIT TO FLY JONATHAN (I)	6.45 PM DANCE MIX IVORY (M)	6.45 PM TRX Team TRX RODNEY (M)	6.45 PM A.B.T DONALD (M)	6.45 PM TRX RIP Trainer RODNEY (M)	3.00 PM <i>Belly Dance</i> YEN (M)	
8.00 PM LES MILLS BODYPUMP JONATHAN (M)	8.00 PM Be Free DELPHINE (B)		8.00 PM LES MILLS BODYCOMBAT RIZ (M)			

BODY & MIND

13th MON	14th TUES	15th WED	16th THURS	17th FRI	18th SAT	19th SUN
7.45 - 9.00 am IYENGAR DELPHINE (M)	8.00 am Yogilates KEN (M)			8.00 am HATHA DELPHINE (M)		
9.30-11am ASHTANGA GANESH (M)	9.30-11am Hatha Alignment MATTHEW (M)	9.30-11am HATHA KUNAL (M)	9.30-11am ASHTANGA GANESH (M)	9.30-11am HATHA KUNAL (M)	9.30-11am HATHA DANIELA (M)	
	11.30am YIN YANG MATTHEW (M)	11.45am Pilates DONALD (M)	11.15am Pilates JOHN (M)	11.30am YIN YANG DANIELA (M)		11.15am - 12.30pm Yogilates KEN (M)
				1pm HATHA DANIELA (M)		
4.30pm HATHA DANIELA (M)		4.30pm HATHA KUNAL (M)			4.30 - 6 pm VINYASA DENNIS (M)	4.30 - 6 pm ASHTANGA KUNAL (M)
6.30pm Hatha Alignment MATTHEW (M)	6.30-8.00pm ASHTANGA DANIELA (M)	6.45-8.00pm IYENGAR DELPHINE (M)	6.15pm Pilates JOHN (M)	6.30pm HATHA MATTHEW (M)		
7.45pm VINYASA MATTHEW (M)			7.30- 9.00pm Hatha Alignment MATTHEW (M)			

THE RIDE

13th MON	14th TUES	15th WED	16th THURS	17th FRI	18th SAT	19th SUN
7.30am FREE SPIN KANNAN (M)			7.30am FREE SPIN KANNAN (M)		10.00am LES MILLS RPM DLORIS (M)	
8.00am LES MILLS RPM DAVID (M)	7.45PM LES MILLS RPM DLORIS (M)	8.00pm FUN RIDE RIZ (M)	7.45PM LES MILLS RPM DAVID (M)	6.00PM LES MILLS RPM RIZ (M)		

Notice

- 24 hours registration must be made for ALL Jukari and TRX classes .
- Class registration will be available 15 minutes before the class starts and registration must be done personally at the front Desk.
- 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 changes during Public Holidays.

Replacement
New On Board
New Time
New Instructor

Class Levels : B - Beginner I - Intermediate A - Advance M - Multi Level AB - Absolute Beginner

20th MON	21st TUES	22nd WED	23rd THURS	24th FRI	25th SAT	26th SUN
		7.00 AM TRX Body Blast MARGIE (AB)		7.15 AM LES MILLS BODYPUMP RIZ (M)		
		8.00 AM TRX Body Blast RIZ (M)	8.00 AM Be Free DELPHINE (B)			
9.15 - 10.00 AM LES MILLS SH'BAM ANTHONY (M)	9.15 AM JUKARI FIT TO FLY RODNEY (M)	9.15 - 10.00 AM LES MILLS SH'BAM ANTHONY (M)	9.15 AM BOLLYWOOD ANWAAR (M)	9.15 AM TRX RIP Trainer RODNEY (A)		
10.15AM TRX Team TRX RODNEY (M)	10.30AM DANCE MIX IVORY (M)	10.15AM TRX Body Blast RODNEY (M)	10.30AM TRX Body Blast GRACE (M)	10.30- 11.15AM A.B.T GRACE (M)	10.00AM TRX Body Blast RIZ (M)	10.00AM TRX Body Blast MARGIE (AB)
11.30AM LES MILLS BODYCOMBAT RIZ (M)					11.30AM LES MILLS BODYCOMBAT RIZ (M)	
6.45 PM JUKARI FIT TO FLY JONATHAN (I)	6.45 PM DANCE MIX IVORY (M)	6.45 PM TRX Team TRX RODNEY (M)	6.45 PM A.B.T DONALD (M)	6.45 PM TRX RIP Trainer RODNEY (M)	3.00 PM <i>Belly Dance</i> YEN (M)	
8.00 PM LES MILLS BODYPUMP JONATHAN (M)	8.00 PM Be Free DELPHINE (B)		8.00 PM LES MILLS BODYCOMBAT RIZ (M)			

BODY & MIND

20th MON	21st TUES	22nd WED	23rd THURS	24th FRI	25th SAT	26th SUN
7.45 - 9.00 am IYENGAR DELPHINE (M)	8.00 am Yogilates KEN (M)			8.00 am HATHA DELPHINE (M)		
9.30-11am ASHTANGA GANESH (M)	9.30-11am Hatha Alignment MATTHEW (M)	9.30-11am HATHA KUNAL (M)	9.30-11am ASHTANGA GANESH (M)	9.30-11am HATHA KUNAL (M)	9.30-11am HATHA DANIELA (M)	
	11.30am YIN YANG MATTHEW (M)	11.45am Pilates DONALD (M)	11.30am Yogilates DANIELA (M)	11.30am YIN YANG DANIELA (M)		11.15am - 12.30pm Yogilates KEN (M)
				1pm HATHA DANIELA (M)		
4.30pm HATHA DANIELA (M)		4.30pm HATHA KUNAL (M)			4.30 - 6 pm VINYASA DENNIS (M)	4.30 - 6 pm ASHTANGA KUNAL (M)
6.30pm Hatha Alignment MATTHEW (M)	6.30-8.00pm ASHTANGA DANIELA (M)	6.45-8.00pm IYENGAR DELPHINE (M)	6.15pm Pilates JOHN (M)			
7.45pm VINYASA MATTHEW (M)			7.30- 9.00pm Hatha Alignment MATTHEW (M)			

THE RIDE

20th MON	21st TUES	22nd WED	23rd THURS	24th FRI	25th SAT	26th SUN
7.30am FREE SPIN KANNAN (M)			7.30am FREE SPIN KANNAN (M)		10.00am LES MILLS RPM DLORIS (M)	
8.00am LES MILLS RPM DAVID (M)	7.45PM LES MILLS RPM DLORIS (M)	8.00pm FUN RIDE RIZ (M)	7.45PM LES MILLS RPM DAVID (M)	6.00PM LES MILLS RPM RIZ (M)		

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