

REGENCY CLASS TIME-TABLE

7th Nov & Dec 2011

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 AM	BODYBALANCE (45 Mins)	KAE-BO (30 Mins)	BODY BOOT-CAMP (45 Mins)	BODYBALANCE (45 Mins)	SPINNING (30 Mins)	11:00PM BODY BOOTCAMP (45 Mins)
10:30 AM		BODYSCULPT (30 Mins)			FITBALL (30 Mins)	
11:00 AM	AQUA FIT (45 Mins)		AQUA FIT (45 Mins)		AQUA FIT (45 Mins)	12:00PM SPIN & ABS (45 Mins)
6:00 PM			AB-ATTACK (30 Mins)			
6:30 PM	KAE-BO (30 Mins)	STEP (30 Mins)	CARDIO KICK-BOX (30 Mins)	FITBALL (30 Mins)	SPINNING (40 Mins)	
7:00 PM	SPINNING (40 Mins)	BODY BOOT-CAMP (45 Mins)	SPINNING (45 Mins)	BODY BOOT-CAMP (45 Mins)		
8:00 PM	BODYBALANCE (45 Mins)	AQUA FIT (45 Mins)	BODYBALANCE (45 Mins)	AQUA FIT (45 Mins)		