

REGENCY CLASS TIME-TABLE

July—August 2010

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 AM	BODY BOOT CAMP (45 Mins)	KAE-BO (30 MINS)	SPIN & ABS (45 Mins)	FIT BALL (45Mins)	BODY BOOT CAMP (45 Mins)	SPIN & ABS (45 Mins)	
10:30 AM		TOTAL TONE (30 Mins)					
11:00 AM	AQUA FIT (45 Mins)		AQUA FIT (45 Mins)		AQUA FIT (45 Mins)	STEP & ABS (45 Mins)	
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6:00 PM			AB-ATTACK (30 Mins)	STRETCH & FLEX (30 Mins)	STEP (30 Mins)		
6:30 PM	TOTAL TONE (30 Mins)	CARDIOBLAST (30 Mins)	CARDIO KICK-BOX (30 Mins)	FIT BALL (30 Mins)	SPIN, FLEX & STRETCH (45 Mins)		
7:00 PM	KAE-BO & ABS (45 Mins)	STEP & ABS (45 Mins)	SPIN & ABS (45 Mins)	STEP & ABS (45 Mins)			
8:00 PM	SPIN & ABS (45 Mins)	AQUA FIT (45 Mins)	BODY BOOT-CAMP (45 Mins)	AQUA FIT (45 Mins)			