BODY FIT

SCHEDULE from 26 Avril 2023

TABLE TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:30 / 09:30							
09:45 / 10:45	YOGA with Oay	SPINNING with Chomphu	YOGA with Tar	SPINNING with Oay	JUMPING with Oay	SPINNING with Chomphu	
11:00 / 12:00	ZUMBA with Oay	YOGA with Chomphu	ZUMBA with Oay	YOGA with Oay	YOGA withTar	YOGA with Chomphu	
12:00 / 14:00							
17:15 / 18:15	TABATA with To	ZUMBA with Oay	POWER PUMP with M	MIX DANCE with M	TABATA with To		
06:30 / 21:30	MUSCULATION	MUSCULATION	MUSCULATION	MUSCULATION	MUSCULATION	MUSCULATION	MUSCULATION 07:30 / 20:30
06:30 / 21:30	CARDIO TRAINING	CARDIO TRAINING	CARDIO TRAINING	CARDIO TRAINING	CARDIO TRAINING	CARDIO TRAINING	CARDIO TRAINING 07:30 / 20:30
16:00 / 19:30	PETANQUE	PETANQUE	PETANQUE	PETANQUE	PETANQUE	PETANQUE	PETANQUE