

CLASS SCHEDULE

Valid from September 2023

TABLE TIME	9:45-10:45	11:00-12:00	17:15-18:15
MONDAY	YOGA with Nueng	ZUMBA with Oay	TABATA with Toh
TUESDAY	SPINNING with Oay	YOGA with Chomphu	BODY WEIGHT with Nuk
WEDNESDAY	YOGA with Tar	ZUMBA with Oya	POWER PUMP with M
THURSDAY	SPINNING with Oay	YOGA with Oya	MIX DANCE with M
FRIDAY	JUMPING with Oya	YOGA with Tar	TABATA with Toh
TABLE TIME	10:00-11:00	11:15-12:15	
SATURDAY	YOGA with Chomphu	SPINNING with M	

Please register on our mobile application Body Fit 88 to participate in the class. Thank you for understanding.