

CLASS SCHEDULE

Valid from January 2024



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 M
WEDNESDAY	YOGA with Tar	ZUMBA with Oay	POWER PUMP with M
THURSDAY	SPINNING with Oay	YOGA with Oay	TABATA with Tho
FRIDAY	JUMPING with Oay	YOGA with Tar	MIX DANCE with M
TABLE TIME	10:00-11:00	11:15-12:15	
SATURDAY	YOGA with Sumita	SPINNING with M	

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