















2012 Group Class Schedule

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>Swiss Ball Fat Blaster Multi-level - David 7pm - 7.55pm</p> 	<p>S.I.M Fat Blaster Multi-level - Mattew 7am - 7.55am</p> 	<p>TRX Fat Blaster Multi-level - Joseph 7am - 7.55am</p> 	<p>Circuit Training Multi-level - Desmond 7am - 7.55am</p> 	<p>Outdoor Boot Camp Multi-level - Thomas 7am - 7.55am</p> 	<p>Kickboxing Multi-level - Jenni 10am - 10.55am</p> 	<p>Outdoor Boot Camp Multi-level - Thomas 8am - 8.55am</p> 
<p>S.I.M Fat Blaster Multi-level - Nelson 8pm - 8.55pm</p> 	<p>Zumba Multi-level - Jessie 7pm - 7.55pm</p> 	<p>Pilates Multi-level - May 7pm - 7.55pm</p> 	<p>Hip Hop Multi-level - Rasyidah 8pm - 8.55pm</p> 	<p>Circuit Training Multi-level - Alan 7pm - 7.55pm</p> 	<p>Zumba Multi-level - Jenni 11am - 11.55 am</p> 	<p>Wing Chun Beginner - Bertrand 9.30am - 11.20am</p> 
		<p>Foam Roller SMR Multi-level - Erik To be advised</p>			<p>Hip Hop Multi-level - Jessie 2.30pm - 3.25pm</p>	<p>TRX Fat Blaster Multi-level - Victor 11.30am - 12.25pm</p>

Please take note that all classes must be booked minimum one day in advance. Class will only commence with minimum 5 registered participants.

Registered participants will be notified by 10pm the night before if there is any class cancellation.

There will be no group classes on 23rd Mon and 24th Jan Tue 2012 because the gym will be closed for Chinese New Year.

Kindly email admin@fti-lwz.com or call 63360422 if you wish to suggest other timing and day for the above classes.