



# GROUP EXERCISE SCHEDULE

**EXPRESS**

11 - 17 Feb 2019

DATE TIME	MONDAY 11-Feb-19	TUESDAY 12-Feb-19	WEDNESDAY 13-Feb-19	THURSDAY 14-Feb-19	FRIDAY 15-Feb-19	SATURDAY 16-Feb-19	SUNDAY 17-Feb-19
7.00							
8.00	<b>Core Fusion (M)</b> 8.10-8.40 Min Min	<b>LES MILLS BODYCOMBAT (M)</b> 8.10-8.40 Frankv	<b>ZUMBA DANCE (M)</b> 8.10-8.40 Chuckv	<b>CRUNCH (M)</b> 8.10-8.40 Daniel	<b>TABATA (M)</b> 8.10-8.40 Min Min	<b>STEP BASICS (M)</b> 8.10-8.40 Brvan	<b>LES MILLS BODYPUMP (M)</b> 8.10-8.40 Thant Zin
9.00		<b>LES MILLS BODYBALANCE (M)</b> 8.50-9.50 Frankv	<b>SUN SALUTATION YOGA (M)</b> 8.50-9.20 Mav	<b>Valentine Day</b>			
10.00		<b>Public Holiday</b>					
11.00		<b>Inhouse Training 13.00-15.00 Only Staff</b>			<b>Inhouse Training 13.00-15.00 Only Staff</b>		
15.00							
16.00							
17.00	<b>INTRO STEP (M)</b> 17.30-18.00 Mav	<b>LES MILLS BODYCOMBAT (M)</b> 17.30-18.00 Pierre	<b>BUMS N TUMS (M)</b> 17.30-18.00 Brvan	<b>LES MILLS BODYPUMP (M)</b> 17.30-18.00 Frankv	<b>GX ORIENTATION AEROBICS (M)</b> 17.30-18.00 Mav	<b>SUSPENSION TRAINING (M)</b> 17.30-18.00 Thant zin	<b>CIRCUIT TRAINING (M)</b> 17.30-18.30 Min Min
18.00	<b>ZUMBA DANCE (M)</b> 18.10-19.10 Chuckv	<b>LES MILLS BODYPUMP (M)</b> 18.10-19.10 Pierre & Thant Zin	<b>LES MILLS BODYCOMBAT (M)</b> 18.10-18.40 Nttv	<b>LES MILLS BODYCOMBAT (M)</b> 18.10-18.50 Frankv	<b>LES MILLS BODYPUMP (M)</b> 18.10-19.10 Frankv	<b>LES MILLS BODYCOMBAT (M)</b> 18.10-19.10 Franky	<b>CRUNCH (M)</b> 18.40-19.10 Scarlett
19.00	<b>STRETCHING (M)</b> 19.20-19.50 Brvan	<b>GENTLE YOGA (M)</b> 19.20-20.20 Nicole	<b>LES MILLS BODYBALANCE (M)</b> 18.50-19.50 Nttv	<b>Partner Yoga 19.00-20.00</b> Franky & Bryan		<b>SUN SALUTATION YOGA (M)</b> 19.20-19.50 Mav	<b>LES MILLS BODYBALANCE (M)</b> 19.20-20.20 Frankv
20.00							

## FITNESS LEVEL

(A) Advanced | (I) Intermediate | (M) Multilevel

To reserve your space for any one of our classes, please contact our staff at 09450494977,



## PERSONAL TRAINING PROMOTION

realfitnessmyanmar.com

SIGN UP FOR 10 SESSIONS &

ENJOY **3 FREE SESSIONS**

SIGN UP FOR 20 SESSIONS &

ENJOY **5 FREE SESSIONS**

SIGN UP FOR 30 SESSIONS &

ENJOY **7 FREE SESSIONS**

1 FEB - 28 FEB 2019

f realfitness.myanmar

Real Fitness Myanmar

realfitness.myanmar

Real Fitness Signature at  
(95) 09262973677, 09262973675

Real Fitness Golden Valley at  
(95) 09 253065582

Real Fitness Mindhama at  
(95) 0950 97057, 092548 77534

Real Fitness Express at  
(95) 09450494977, 09450515112

