

Schedule for Group Exercise Classes

Group Exercise Studio, Level 2, Kinesis Wellness @ Stampark



MON	BODY STRETCH <i>(Pilates)</i> 9.00am-10.00am		BODY STRETCH <i>(Pilates)</i> 6.30pm-7.30pm	BODY MOVE <i>(Kick Boxing)</i> 7.30pm-8.30pm
TUE			BODY TRIM <i>(ABT)</i> 6.30pm-7.30pm	
WED			BODY STRETCH <i>(Pilates)</i> 6.30pm-7.30pm	
THU	BODY SCULPT <i>(Step-Ball-Belly)</i> 9.00am-10.00am			BODY MOVE <i>(Kick Boxing)</i> 7.00pm-8.00pm
FRI			BODY CURVE <i>(Exercise Ball)</i> 6.30pm-7.30pm	
SAT			BODY WAVE <i>(Aqua Aerobics @ Leisure Pool)</i> 6.00pm-7.00pm	BODY TRIM <i>(ABT)</i> 6.00pm-7.00pm
SUN			BODY TONE <i>(Step Aerobics)</i> 5.30pm-6.30pm	

