



DREAM BODY FITNESS SCHEDULE

Monday				Tuesday			
05:00	Melt 60	45min	Sbu	05:00	Interval Training	45min	Andrew
06:00	Anything Goes	45min	Calvin	06:00	Melt 60	45min	Calvin
07:00	Cross Fit Core-Floor	45min	Steve	07:00	Anything Goes	45min	Sbu
08:00	Spin 60	30 min	Sbu JR	08:00	Interval Training	45min	Fitness M
16:00	Fat Burn-Studio 1	30 min	Fitness M	12:30	Pilates	60 min	Marcella
17:00	Interval Training	45 Min	Steve	16:00	Absolution- Studio 1	30 min	Fitness M
18:00	Melt 60	45 min	Sbu	17:00	Melt 60	45 min	Sbu
19:00	Kettlebell	45 min	Andrew	18:00	Interval Training	45 min	Calvin
				19:00	Tabata	45 min	Sbu Jnr

Wednesday				Thursday			
05:00	Anything Goes	45min	Calvin	05:00	Kettlebell	45min	Andrew
06:00	Fitmania-Studio 1	45min	Paul	06:00	Interval Training	45min	Andrew
07:00	Melt 60	45min	Andrew	07:00	Combat Fitness-Studio 1	30 min	Paul
08:00	Fitmania-Studio 1	45min	Paul	08:00	Interval Training	45min	Fitness M
16:00	Fitball-Studio 1	30 min	Fitness M	08:00	Aqua Aerobis	45 min	Paul
17:00	Interval Training	45min	Paul	17:00	Anything Goes	45min	Calvin
18:00	Anything Goes	45 min	Andrew	18:00	Interval Training	45 min	Paul
19:00	Fat Burn	45 min	Sbu Jnr	17:30	Pilates	60min	Marcella
				19:00	Bollywood Bootcamp	60 Min	Sapna

Friday				Saturday			
05:00	Interval Training	45min	Sbu				
06:00	Interval Training	45min	Sbu	08:00	Power 90	60 min	Steve
07:00	Aerobics	45min	Paul	09:00	Spin 60		
08:00	Cross Fit Core-Floor	30 min	Andrew				
17:00	Cross Fit Core-Floor	30 min	Andrew				
				Sunday			
				09:00	Cross Fit Core-Floor	45 min	Fitness M