



# METROTOWER GROUP FITNESS SCHEDULE

*Dec 24<sup>th</sup>—28<sup>th</sup>, 2018*

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday
11:10-12:00	Strong by Zumba <i>Mayu</i>			Flow Yoga <i>Jenni</i>	H.I.I.T. <i>Gajing</i>
12:10-1:00	Yogalates <i>Jenni</i>	Closed	Closed	Total Body Conditioning <i>Sophia</i>	Zumba <i>Gajing</i>
1:10-2:00		Christmas Day	Boxing Day		
4:10—4:55					
5:05-5:55					

# METROTOWER GROUP FITNESS SCHEDULE

*Dec 31<sup>st</sup>—Jan 4<sup>th</sup>*

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday
11:10-12:00	Strong by Zumba <i>Mayu</i>		Body Sculpt <i>Lubna</i>	Flow Yoga <i>Jenni</i>	H.I.I.T. <i>Gajing</i>
12:10-1:00	Yogalates <i>Jenni</i>	Closed	Yogalates <i>Jenni</i>	Total Body Conditioning <i>Sophia</i>	Zumba <i>Gajing</i>
1:10-2:00		New Years Day			
4:10—4:55					
5:05-5:55			Wicked Wednesday <i>Charlene</i>	Spin Cycle II <i>Joanna</i>	