



Monday 07 July 2025

Class	Location	Time	Room	Trainer
Body Combat	Show DC	18.00-19.00	Dancing Room	Staff Peach
Iron Blast	Show DC	19.10-20.10	Crossfit Zone	Staff Josh
Bounce Dance Fit	Show DC	19.10-20.10	Dancing Room	Staff TizTarm
Saute	Show DC	19.10-20.10	Crossfit Zone	Staff Hisui
Zumba	Show DC	20.20-21.20	Dancing Room	Staff Bee
Inside Flow Yoga	Show DC	20.20-21.20	Cycling	Staff Anne
Core Blast	Show DC	20.20-21.20	Crossfit Zone	Staff Josh
MuayThai Session	Ladprao 101	18.25-19.25	Stretching	Staff TBA
Double Step	Ladprao 101	18.25-19.25	Dancing Room	Staff M
Power Yoga	Ladprao 101	19.30-20.30	Crossfit Zone	Staff Justin
Boot Camp Class	Ladprao 101	19.30-20.30	Crossfit Zone	Staff Justin
Body pump	Ladprao 101	20.35-21.35	Dancing Room	Staff M
Core Blast	Ladprao 101	20.35-21.35	Crossfit Zone	Staff Justin
Zumba	Ladprao 101	7.00-8.00	Dancing Room	Staff Jab
Cardio Dance	Ladprao 101	7.00-8.00	Dancing Room	Staff Mai
Variety Dance	Ladprao 101	7.00-8.00	Dancing Room	Staff Just



Tuesday 08 July 2025

Class	Location	Time	Room	Trainer
Vinyasa Flow Yoga	Show DC	18.00-19.90	Dancing Room	Staff Phone
MuayThai Session	Show DC	18.00-21.00	Crossfit Zone	Staff TBA
Body Combat	Show DC	19.10-20.10	Dancing Room	Staff TizTarm
Neon Ride	Show DC	19.10-20.10	Cycling	Staff TBA
Dumbell Mayhem	Show DC	19.10-20.10	Crossfit Zone	Staff Justin
K-Pop X Fitness	Show DC	20.20-21.20	Dancing Room	Staff Arfter
Powerlifting	Show DC	20.20-21.20	Crossfit Zone	Staff Justin
Variety Dance	Ladprao 101	17.20-18.20	Dancing Room	Staff Top
Body Combat	Ladprao 101	18.25-19.25	Dancing Room	Staff OH
Power Yoga	Ladprao 101	19.30-20.30	Dancing Room	Staff Oil
Bikini Class	Ladprao 101	19.30-20.30	Crossfit Zone	Staff Gift
Zumba	Ladprao 101	20.35-21.35	Dancing Room	Staff Pam



Wednesday 09 July 2025

Class	Location	Time	Room	Trainer
Power Yoga	Show DC	18.00-19.00	Dancing Room	Staff Oil
Iron Blast	Show DC	19.10-20.10	Crossfit Zone	Staff Josh
Body pump	Show DC	19.10-20.10	Dancing Room	Staff Zanta
Zumba	Show DC	20.20-21.20	Dancing Room	Staff Just
Core Blast	Show DC	20.20-21.20	Crossfit Zone	Staff Josh
Hatha Yoga	Ladprao 101	18.25-19.25	Dancing Room	Staff Pik
MuayThai Session	Ladprao 101	18.25-19.25	Stretching	Staff TBA
Body Combat	Ladprao 101	19.30-20.30	Dancing Room	Staff Kong
Dumbell Mayhem	Ladprao 101	19.30-20.30	Crossfit Zone	Staff Justin
Zumba	Ladprao 101	20.35-21.35	Dancing Room	Staff Bee
Core Blast	Ladprao 101	20.35-21.35	Crossfit Zone	Staff Justin
Body pump	Ladprao 101	7.00-8.00	Dancing Room	Staff Den



Thursday 10 July 2025

Class	Location	Time	Room	Trainer
MuayThai Session	Show DC	18.00-19.00	Crossfit Zone	Staff TBA
Body Combat	Show DC	18.00-19.00	Dancing Room	Staff Benz
Iron Blast	Show DC	19.10-20.10	Crossfit Zone	Staff CJ
Neon Ride	Show DC	19.10-20.10	Cycling	Staff Magnum
Vinyasa Flow Yoga	Show DC	19.10-20.10	Dancing Room	Staff Phone
Zumba	Show DC	20.20-21.20	Dancing Room	Staff Rin
Cardio Blast	Show DC	20.20-21.20	Crossfit Zone	Staff CJ
Hatha Yoga	Ladprao 101	18.25-19.25	Dancing Room	Staff Pik
Body pump	Ladprao 101	19.30-20.30	Dancing Room	Staff Den
TABATA	Ladprao 101	19.30-20.30	Crossfit Zone	Staff Gift
Bounce Dance Fit	Ladprao 101	20.35-21.35	Dancing Room	Staff Arfter
Tiktok Dance	Ladprao 101	7.00-8.00	Dancing Room	Staff Top



Friday 11 July 2025

Class	Location	Time	Room	Trainer
Body Combat	Show DC	18.00-19.00	Crossfit Zone	Staff Zanta
Iron Blast	Show DC	19.10-20.10	Crossfit Zone	Staff CJ
K-Pop X Fitness	Show DC	19.10-20.10	Dancing Room	Staff Jab
Cardio Blast	Show DC	19.10-20.10	Cycling	Staff CJ
Body pump	Show DC	20.20-21.20	Dancing Room	Staff Den
Variety Dance	Ladprao 101	17.20-18.20	Dancing Room	Staff Mai
MuayThai Session	Ladprao 101	18.00-21.00	Stretching	Staff TBA
Body Combat	Ladprao 101	18.25-19.25	Dancing Room	Staff Peach
Hatha Yoga	Ladprao 101	19.30-20.30	Dancing Room	Staff Ora
Boot Camp Class	Ladprao 101	19.30-20.30	Crossfit Zone	Staff Justin
Spinning	Ladprao 101	19.30-20.30	Stretching	Staff Eak
Zumba	Ladprao 101	20.35-21.35	Dancing Room	Staff Make
Deadlift	Ladprao 101	20.35-21.35	Crossfit Zone	Staff Justin



Saturday 12 July 2025

Class	Location	Time	Room	Trainer
Body Combat	Show DC	18.00-19.00	Dancing Room	Staff God
Hatha Yoga	Ladprao 101	17.20-18.20	Dancing Room	Staff M
Hip Hop Dance	Ladprao 101	18.25-19.25	Dancing Room	Staff Ali
Body pump	Ladprao 101	19.30-20.30	Dancing Room	Staff Zanta
K-Pop X Fitness	Ladprao 101	20.35-21.35	Dancing Room	Staff Arfter



Sunday 13 July 2025

Class	Location	Time	Room	Trainer
Body pump	Show DC	18.00-19.00	Dancing Room	Staff God
Zumba Toning	Ladprao 101	18.25-19.25	Dancing Room	Staff Jab
Inside Flow Yoga	Ladprao 101	19.30-20.30	Dancing Room	Staff Ann
Pound	Ladprao 101	20.35-21.35	Dancing Room	Staff Peach