

# CLASS SCHEDULE

Valid from May 2024

TABLE TIME	9:45-10:45	11:00-12:00	17:15-18:15
<b>MONDAY</b>	<b>YOGA</b> with Nueng	<b>ZUMBA</b> with Oay	<b>SPINNING</b> with M
<b>TUESDAY</b>	<b>SPINNING</b> with Oay	<b>YOGA</b> with Chomphu	<b>BODY WEIGHT</b> with M
<b>WEDNESDAY</b>	<b>YOGA</b> with Tar	<b>ZUMBA</b> with Oay	<b>POWER PUMP</b> with M
<b>THURSDAY</b>	<b>SPINNING</b> with Oay	<b>YOGA</b> with Oay	<b>TABATA</b> with M
<b>FRIDAY</b>	<b>JUMPING</b> with Oay	<b>YOGA</b> with Tar	<b>MIX DANCE</b> with M
TABLE TIME	10:00-11:00	11:15-12:15	
<b>SATURDAY</b>	<b>YOGA</b> with Sumita	<b>SPINNING</b> with M	

Please register on our mobile application Body Fit 88 to participate in the class. Thank you for understanding.