

MARCH 2020

DUNGEON

GYM | STUDIO

MON

- 12.30–1.00pm | Boxing Basics – HANU
- 12.30–1.30pm | BodyArt – LYNN
- 7.00–8.00pm | Strong 30 x Zumba Fitness – JAENNY
- 8.00–9.00pm | BodyArt – VERON

TUE

- 8.00–9.00am | BATT (Butt Abs Thighs Toning) – SOFIYAN
- 12.30–1.00pm | Core Strengthening – HANU
- 6.45–7.45pm | KpopX Fitness – WEN JIE

WED

- 8.00–9.00am | KardioBlast – AHMAD
- 12.30–1.00pm | Boxing Circuit – HANU
- 12.30–1.30pm | Pilates – CLAUDIA
- 6.45–7.45pm | ZUU – SHAWN
- 7.45–8.45pm | Salsation – JOJO

THU

- 8.00–9.00am | BodySculpt – JUN WEI
- 12.30–1.00pm | Abs #360 – SHAYNE
- 6.45–7.45pm | HIIT/Fight Do – JAMES
(Fight Do will be conducted on the last Thursday of the month)
- 7.45–8.45pm | Total Body Toning – JAMES

FRI

- 8.00–9.00am | Kardio Freestyle – AHMAD
- 12.30–1.00pm | ResistBand – SHAYNE

SAT

- 9.00–10.00am | Zumba/KpopX (alternate weeks) – JAENNY

