

# FITNESS WORKOUT PLANNER

Period **15-28 APRIL 2024**

	WEEKDAY	WEEKEND
MORNING	9:00 - 10:00 AM	10:00 - 11:00 AM
AFTERNOON	6:30 - 7:30 PM	4:00 - 5:00 PM

	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING	15 Body Weight by Ai	16 Muay Thai by Ai	17 Stretching by Khimsua	18 Mat Pilates by Khimsua	19 Core Abs by Khimsua	20 Mat Pilates by Khimsua	21 Stretching by Khimsua
AFTERNOON	Circuit Strength by George	TRX by George	Flow Yoga by Kru Ton	Circuit HIIT by Ai	Flow Yoga by Kru Nat	TRX by George	Circuit Functional by George
MORNING	22 Body Weight by Ai	23 Stretching by Ai	24 Muay Thai by Ai	25 Circuit Functional by Ai	26 TRX by George	27 Core Abs by George	28 Circuit Strength by George
AFTERNOON	Yoga +Pilates by Kru Nat	Circuit Functional by George	Flow Yoga by Kru Ton	Circuit Strength by Khimsua	Flow Yoga by Kru Nat	Body Weight by Khimsua	Muay Thai by Ai

\*Classes are subject to change or cancellation without prior notice

\*\* Class will be cancelled if there are no participants 15 minutes after starting time.