



EXERCISE CLASS SCHEDULE

DECEMBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Fast Fit 1230-1830hrs					1	2 Plyometric 1830-1730hrs
3 Core Conditioning 1830-1930hrs	4 Resistance Band 1230-1330hrs	5 Astanga Yoga 1230 -1330hrs Spinning 1830-1930hrs	6 W.O.D 1230-1330hrs Yoga Core 1815-1915hrs	7 Astanga Yoga 1230 -1330hrs H.I.I.T 1830-1930hrs	8 Intermediate Astanga Yoga 1230-1330hrs Fast Fit 1830-1930hrs	9 Cardio Step 1830-1930hrs
10 Core Conditioning 1830-1930hrs	11 U.B.S 1830-1930hrs	12 Astanga Yoga 1230 -1330hrs Spinning 1830-1930hrs	13 W.O.D 1230-1330hrs Yoga Core 1815-1915hrs	14 Astanga Yoga 1230 -1330hrs H.I.I.T 1830-1930hrs	15 Intermediate Astanga Yoga 1230-1330hrs L.B.S 1830-1930hrs	16 Plyometric 1830-1930hrs
17 Fast Fit 1830-1930hrs	18 U.B.S 1830-1930hrs	19 Astanga Yoga 1230-1330hrs Spinning 1830-1930hrs	20 W.O.D 1230-1330hrs Yoga Core 1815-1915hrs	21 Astanga Yoga 1230 -1330hrs H.I.I.T 1830-1930hrs	22 Intermediate Astanga Yoga 1230-1330hrs	23
24 Fast Fit 1230-1830hrs	25	26 Astanga Yoga 1230 -1330hrs Spinning 1830-1930hrs	27 W.O.D 1230-1330hrs Yoga Core 1815-1915hrs	28 Astanga Yoga 1230 -1330hrs H.I.I.T 1830-1930hrs	29 Intermediate Astanga Yoga 1230-1330hrs L.B.S 1830-1930hrs	30 Plyometric 1830-1730hrs

For more details, please call **+60 (3) 2264 2830** or email [aizar.othman@hilton.com](mailto: aizar.othman@hilton.com)
or log on to life.hiltonkl.com for more information.

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