



EXERCISE CLASS SCHEDULE

FEBRUARY 2018

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

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.

The Spa & Gym

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