



# EXERCISE CLASS SCHEDULE

## JANUARY 2018

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

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](http://life.hiltonkl.com) for more information.

The Spa & Gym

Hilton Kuala Lumpur | 3 Jalan Stesen Sentral | 50470 Kuala Lumpur | Malaysia | T +60 (3) 2264 2830 | F +60 (3) 2264 2831