



EXERCISE CLASS SCHEDULE

MARCH 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 W.O.D Challenge 1230-1330hrs Yoga Core 1815-1915hrs	2 Astanga Yoga 1230 -1330hrs H.I.I.T 1830-1930hrs	3 Intermediate Astanga Yoga 1230-1330hrs	4 Plyometric 1230-1330hrs
5	6  1230-1330hrs Resistance Band 18.30-1930hrs	7 Astanga Yoga 1230 -1330hrs Spinning 1830-1930hrs	8 W.O.D Challenge 1230-1330hrs Yoga Core 1815-1915hrs	9 Astanga Yoga 1230 -1330hrs Resistance Band 1830-1930hrs	10 Intermediate Astanga Yoga 1230-1330hrs H.I.I.T 1830-1930hrs	11 W.O.D Challenge 1830-1930hrs
12	13	14 Astanga Yoga 1230-1330hrs Spinning 1830-1930hrs	15 Yoga Core 1815-1915hrs	16 Astanga Yoga 1230 -1330hrs	17 Intermediate Astanga Yoga 1230-1330hrs	18
19	20  1230-1330hrs	21 Astanga Yoga 1230-1330hrs Spinning 1830-1930hrs	22 Fast Fit 1230hrs-1330hrs Yoga Core 1815-1915hrs	23 Astanga Yoga 1230 -1330hrs	24 Intermediate Astanga Yoga 1230-1330hrs	25
26	27 Core Conditioning 1230-1330hrs	28 Astanga Yoga 1230-1330hrs Spinning 1830-1930hrs	29 W.O.D Challenge 1230-1330hrs Yoga Core 1815-1915hrs	30 Astanga Yoga 1230 -1330hrs	31 Intermediate Astanga Yoga 1230-1330hrs	

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

The Spa & Gym

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