



EXERCISE CLASS SCHEDULE

MAY 2017

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

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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