



EXERCISE CLASS SCHEDULE

MAY 2018

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

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