



EXERCISE CLASS SCHEDULE

JULY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Fast Fit 1830-1730hrs	2	3 Astanga Yoga 1230-1330hrs H.I.I.T 1830-1930hrs	4 W.O.D 1230-1330hrs Yoga Core 1815-1915hrs	5 Astanga Yoga 1230-1330hrs Core Conditioning 1830-1930hrs	6 Intermediate Astanga Yoga 1230-1330hrs L.B.S 1830-1930hrs	7 Plyometric 1230-1330hrs
8 Fast Fit 1830-1930hrs	9 U.B.S 1830-1930hrs	10 Astanga Yoga 1230-1330hrs Spinning 1830-1930hrs	11 W.O.D 1230-1330hrs Yoga Core 1815-1915hrs	12 Astanga Yoga 1230-1330hrs Core Conditioning 1830-1930hrs	13 Intermediate Astanga Yoga 1230-1330hrs	14 Plyometric 1830-1930hrs
15 Resistance Band 1830-1930hrs	16 U.B.S 1830-1930hrs	17 Astanga Yoga 1230-1330hrs Spinning 1830-1930hrs	18 W.O.D 1230-1330hrs Yoga Core 1815-1915hrs	19 Astanga Yoga 1230-1330hrs H.I.I.T 1830-1930hrs	20 Intermediate Astanga Yoga 1230-1330hrs L.B.S 1830-1930hrs	21 Plyometric 1230-1330hrs
22 Fast Fit 1830-1930hrs	23 U.B.S 1830-1930hrs	24 Astanga Yoga 1230-1330hrs Spinning 1830-1930hrs	25 W.O.D 1230-1330hrs Yoga Core 1815-1915hrs	26 Astanga Yoga 1230-1330hrs H.I.I.T 1830-1930hrs	27 Intermediate Astanga Yoga 1230-1330hrs L.B.S 1830-1930hrs	28 Plyometric 1230-1330hrs
29 Fast Fit 1230-1330hrs	30 U.B.S 1830-1930hrs	31 Astanga Yoga 1230-1330hrs Spinning 1830-1930hrs				

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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