



EXERCISE CLASS SCHEDULE

JUNE 2018

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

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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