

NTFQ2 Group Fitness Schedule for Jan 2010

Mon - Fri 6 AM - 9 PM
Sat & Sun 7 AM - 8 PM

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
** MORNING CLASSES **							
6:30 AM	Circuit Training (60 min)	Circuit Training (60 min)	Circuit Training (60 min)	Circuit Training (60 min)	Circuit Training (60 min)		
8:30 AM	Cycle Scept (60 min) Henni	Kick Boxing (60 min) Tien	Cardio Spin (60 min) Keith	Kick Boxing (60 min) Tien	Cardio Spin (60 min) Nicole		Yoga (90 min) Sardar
	Pilates (60 min) Nicole	Zumba Fitness (60m) Mieke	Butts&Guts (60 min) Henni	Power Tone (60 min) John			
9:00 AM	Circuit Training (60 min)	Circuit Training (60 min)	Circuit Training (60 min)	Circuit Training (60 min)	Circuit Training (60 min)	Cardio Spin (60 min) Nicole/Keith	
9:45 AM						Yoga (90 min) Sardar	
10:00 AM	Fitness 4 M2B (60 min)* Mieke				Fitness 4 M2B (60 min)* Mieke		
** KIDS CLASSES **							
3:15 PM (45 min)*	Kids Circuit 6-8 yr olds	Kids Ballet 4-6 yr olds Mieke	Kids Boxing 6-8 yr olds	Kids Ballet 4-6 yr olds Tam	Kids Circuit 6-8 yr olds	Kids Circuit 6-8 yr olds	
4:00 PM (45 min)*	Kids Hip Hop Dance 9-12 yr olds	Gymnastics 5-8 yr olds Mieke	Kids Hip Hop Dance 9-12 yr olds	Gymnastics 5-8 yr olds Mieke	Kids Circuit 9-11yr olds	Kids Boxing 9-12 yr olds	
6:30AM-8:00PM	Circuit Training 12-16 yr olds	Circuit Training 12-16 yr olds	Circuit Training 12-16 yr olds	Circuit Training 12-16 yr olds	Circuit Training 12-16 yr olds	Circuit Training 12-16 yr olds	
** EVENING CLASSES **							
6:00 PM	Pilates (60 min) Nicole		Pilates (60 min) Nicole	Butts & Guts (60 min) Thuy	Circuit Training (60 min)		
6:30 PM	Kick Boxing (60 min) Thang	Cardio Spin (60 min) Keith	Kick Boxing (60 min) Tien	Cardio Spin (60 min) Keith			
		Yoga (60 min) Nicole					
7:00 PM	Zumba Fitness (60m) Mieke						

NOTE: \$15 fee daily rate for non-members is sold in coupons of 5 classes for \$75 or 11 classes for \$150

34 nguyen dang giai - district 2, hcmc - nutrifort.com
tel: 8 3744 6672 / 8 3744 6675 please call to reserve your space. thank you!