

NTFQ2 Group Fitness Schedule for Feb 2012

We will be closed for Tet holiday Fm Jan 21st -29th

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 (60mins) Phuong					
8:30 AM	Kettlebells (60 mins) Stephane	Cardio Spin (60 mins) Sawano	Cardio Spin (45 mins) Sawano (2/1)	Power Tone (60 mins) John	Yoga Stretch (60mins) Briar		Yoga (90 mins) Shiva
9:00 AM					TRX Training (60 mins) Stephane	Cardio Spin (60 mins) Sawano	
						Kick Boxing (60 mins) Lap	
9:15 AM			Pilates (60mins) Sawano				
9:45 AM						Yoga (90 mins) Shiva	
11:00 AM		Fitness M2B Phuong		Fitness M2B Phuong			
** AFTERNOON CLASSES **							
1:00 PM	Circuit Training (60 mins) Nho	Pilates (60 mins) Kim Long	Circuit Training (60 mins) Nho	Pilates (60 mins) Kim Long	Circuit Training (60 mins) Nho		
** KIDS CLASSES **							
3:00 PM (45 min)*						Gymnastics 5 - 8 yr olds Thu - Thao	
3:30 PM (45 min)*				Kids Ballet 4- 6 yr olds Hien			
4:00 PM (45 min)*	Kids Boxing 9 -12 yr olds Thao	Kids Circuit 6 - 8 yr olds Nho	Gymnastics 5-8 yr olds Long	Kids Circuit 9 -11yr olds Nho	Kids Boxing 9 -12 yr olds Thao	Kick boxing 9 -12 yr olds Long	
** EVENING CLASSES **							
6:00 PM	Pilates(60 mins) Nicole (start 6/2)		Pilates (60 mins) Nicole	Yoga Stretch (90 mins) Briar			
6:30 PM		Kettlebells (60 mins) Stephane		Cardio Spin (60 mins) David			
		Kick Boxing (60 mins) Tien		Kick Boxing (60 mins) Tien			

NOTE: Non-members: \$20/day OR coupons of 5 classes for \$75 OR coupons of 11 classes for \$150

***** One Coupon per person . Cannot be shared *****

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