



STATION PLAZA FITNESS

Weekly Class Timetable



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.30am ABZ		9.30-10.00 AB BLAST		6.30am ABZ	10:00 – 11:00 CORE	 STATION PLAZA FITNESS
 STATION PLAZA FITNESS	10-11 LOWER BODY CIRCUIT	 STATION PLAZA FITNESS	10-11 UPPER BODY CIRCUIT			10:00 – 11:00 CARDIO CIRCUIT
12:45-1:15 LBT		12:45-1:15 AB ATTACK			 STATION PLAZA FITNESS	
	 STATION PLAZA FITNESS			18:00 – 19:00 BOXING CLASS	EXERCISE CLASS 	
18:00 – 19:00 UPPER BODY	6-7 GAL (GLUTES ABS & LEGS)		17:30 – 18:30 KPFIT			