



Galeri Ciumbuleuit Apartment 2

INTELLIGENT EXERCISE SCHEDULE

| TIME | Monday | | | | Tuesday | | | | Wednesday | | | | Thursday | | | | Friday | | | | Saturday | | | |
|---------------|--------|-------|-------|-------------|----------|-------|-------|-----------|-----------|-------|-------|-------|----------|-------|-------|-------|--|-------|-------|-------|----------|-------|-------|-------|
| | FIRE | METAL | WATER | EARTH | FIRE | METAL | WATER | EARTH | FIRE | METAL | WATER | EARTH | FIRE | METAL | WATER | EARTH | FIRE | METAL | WATER | EARTH | FIRE | METAL | WATER | EARTH |
| 7.15 - 8.15 | WEDGES | | | I AERIAL | | | F REF | A Fun | FH IX | | TRX | | B CHAIR | F CTR | | | F Fithai | | B REF | | FHY | | F REF | |
| 8.30 - 9.30 | FHY | | | Svarga Core | F MAT | | B REF | | B CHAIR | F CTR | | | FHY | | TRX | | CAD MAT | | F REF | | F Fithai | | | A Fun |
| 9.45 - 10.45 | | | TRX | | F Fithai | | | | | | | A Fun | | | F REF | | | F CTR | | | | | TRX | |
| 11.00-12.00 | | | | | | | | | | | | | | | | | | | | | | | | |
| 16.15 - 17.15 | | | TRX | | F Fithai | | | | | | | A Fun | | F CTR | | | A Fun (Aerial Fundamental) | | | | | | | |
| 17.30 - 18.30 | FH IX | | | | | | B REF | CAD A Fun | FHY | | TRX | | F MAT | | | | Prop (Roller Foam/Fitball/wedges/Magic circle) | | | | | | | |
| 18.45 - 19.45 | | | F REF | | SnH | | | | F Fithai | | | | | TRX | | | CAD (Kelas Cadangan) | | | | | | | |
| | | | | | | | | | | | | | | | | | Start Date : 8 OKTOBER 2018 | | | | | | | |