

PARIS VAN JAVA

Group Exercise Schedule

TIME	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				SUNDAY			
	FIRE	EARTH	MT1	MT2	FIRE	EARTH	MT1	MT2	FIRE	EARTH	MT1	MT2	FIRE	EARTH	MT1	MT2	FIRE	EARTH	MT1	MT2	FIRE	EARTH	MT1	MT2	FIRE	EARTH	MT1	MT2
07.15	MYOFA SCIA	B/I AERIAL			FHY		F REF		SC			CTR		A FUN	FOUND CLASS		FHY		B/I REF		S N H			FITHAI	MYOFA SCIA			
08.30	FHY		B/I TOWER			A FUN	B/I REF		B MAT	TRX			FHY	B/I AERIAL			MYOFA SCIA		F REF		FHY		F TOWER					CTR
09.45		TRX					F TOWER		FHY						F REF			A FUN				MYOFA SCIA						
11.00																												
16.15				FITHAI			F REF			A FUN					F TOWER	A Fun (Aerial Fundamental) SC (Spine Corrector) Myofascia (Rollerfoam)												
17.30	B CHAIR		FOUND CLASS				B/I REF	CTR	FHY	TRX				A FUN	B/I TOWER	Mat Prop (Magic Circle, Weight Ball)												
18.45	FHY				S N H	TRX			SC				MYOFA SCIA			Start Date : 4 Februari 2019												
20.00		TRX										CTR																