



SATURDAY
APRIL 21
9 AM – 2 PM

**FITNESS
CLASS
& DEMO
SCHEDULE**

DEMO SCHEDULE : Gym Stage

- 10:00 Body Pump
- 10:20 Tabata
- 10:40 Yoga
- 11:15 Kickboxing

CLASS SCHEDULE : Multi-purpose Room

- 10:15 - 10:45 AM Body Pump
- 10:55 - 11:25 AM Tabata
- 11:25 - 11:55 AM Yoga
- 12:25 - 12:55 PM Kickboxing