


























# CLUB FAMILY TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>Junior Fitness</b> 16:00pm Studio 1	 <b>Mini Messy Play</b> 10:00am Function Room	 <b>J Gym</b> 16:00pm Gym	 <b>Baby Club</b> 11:00am Function Room	 <b>J Gym</b> 16:00pm Gym	 <b>J Gym</b> 11:00am Gym	 <b>J Gym</b> 11:00am Gym
 <b>J Gym</b> 16:00pm Gym	 <b>Baby Yoga</b> 14:00pm Studio 1	 <b>Junior Fitness</b> 16:30pm Studio 1	 <b>Baby Pilates</b> 12:15pm Studio 1	 <b>Junior Cheerleading</b> 17:00pm Studio 1	 <b>J Gym</b> 12:00pm Gym	 <b>J Gym</b> 12:00pm Gym
 <b>J Boxercise</b> 17:00pm Studio 2	 <b>J Cycle</b> 16:00pm Studio 3	 <b>J Gym</b> 18:00pm Gym	 <b>J Gym</b> 16:00pm Gym	 <b>J Gym</b> 18:00pm Gym	 <b>Family Badminton</b> 14:00pm Studio 1	 <b>J Gym</b> 14:00pm Gym
 <b>Junior Acrobatics</b> 17:00pm Studio 1	 <b>Junior Golf</b> 16:00pm Outside		 <b>J Golf</b> 17:00pm Outside		 <b>J Gym</b> 14:00pm Gym	 <b>Junior Football</b> 15:00pm Studio 1
 <b>J Gym</b> 18:00pm Gym	 <b>J Gym</b> 16:00pm Gym		 <b>J Gym</b> 18:00pm Gym		 <b>Family Badminton</b> 15:00pm Studio 1	 <b>Family Badminton</b> 16:00pm Studio 1



# CLUB FAMILY TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	 <b>J Gym</b> 18:00pm Gym				 <b>Family Badminton</b> 16:00pm Studio 1	 <b>J Gym</b> 16:00pm Gym
					 <b>J Gym</b> 16:00pm Gym	 <b>Family Badminton</b> 17:00pm Studio 1
					 <b>Family Badminton</b> 17:00pm Studio 1	

Valid from 17/01/2022 to 21/01/2022.