LP Club

Phillip Wain
HEALTH AND BEAUTY

AEROBICS TIMETABLE — WEEK COMMENCING 30 SEPTEMBER - 6 OCTOBER 2019 LARDPRAO CLUB

** B = BEGINNERS (เริ่มต้น) I = INTERMEDIATE (ระดับกลาง) A = ADVANCED (ขั้นสูง) ALL LEVEL (ทุกระดับ) A* = NEED TO PREPARE OWN EQUIPMENT **

MONDAY 30 September'2019	08.00 - 09.00	STEP	A	KACHAIN
	09.00 - 10.00	FAT BURN	B	EMMA
	10.00 - 11.00	MAT PILATES	B	U
	11.00 - 12.00	STRETCHING	ALL LEVEL	U
	12.00 - 13.00	WHUSU	ALL LEVEL	SUNTHORN
	13.00 - 14.00	IYENGAR YOGA	ALL LEVEL	OAD
	14.00 - 15.30	SALSA	ALL LEVEL	PIK
	17.00 - 18.00	DANCE MOVE	ALL LEVEL	GUITAR
	18.00 - 19.00	POWER YOGA	ALL LEVEL	MO
	19.00 - 20.00	F.S.B.C	I	NOY
TUESDAY 1 October'2019	08.00 - 09.00	DOUBLE STEP	A	KACHAIN
	09.00 - 10.00	FAT BURN	I	EMMA
	10.00 - 11.00	HATHA YOGA	ALL LEVEL	JILL
	11.00 - 12.00	DEEP STRETCHING	ALL LEVEL	KING
	12.00 - 13.00	BODY WORKOUT	B	U
	13.00 - 14.00	TAI CHI	ALL LEVEL	VICHAI
	14.00 - 15.00	ZUMBA	ALL LEVEL	TLE
	15.00 - 16.00	BODY SCULPT	ALL LEVEL	KENG
	16.00 - 17.00	HATHA - VINYASA YOGA	ALL LEVEL	PAT
	17.00 - 18.00	BODILICIOUS	ALL LEVEL	THANG
	18.00 - 19.00	ZUMBA	I	THANG
	19.00 - 20.00	STEP	I	U
WEDNESDAY 2 October'2019	08.00 - 09.00	MUSCLE PUMP	I	AOF
	09.00 - 10.00	BALANCE	ALL LEVEL	M
	10.00 - 11.00	HI / LO	B	PEACH
	11.00 - 12.00	HATHA - VINYASA YOGA	ALL LEVEL	PREM
	12.00 - 13.00	STEP	I	** KENG **
	13.00 - 14.00	MAT PILATES	ALL LEVEL	NOOM
	14.00 - 15.00	BOLLYWOOD DANCE	ALL LEVEL	NAREEN
	15.00 - 16.00	ZUMBA	I	ARM
	17.00 - 18.00	L.I.A.	I	BOY
	18.00 - 19.00	F.S.B.C	I	NOY
	19.00 - 20.00	YOGA THERAPY	ALL LEVEL	MO
THURSDAY 3 October'2019	08.00 - 09.00	HI / LO	A	KACHAIN
	09.00 - 10.00	STEP	I	BOY
	10.00 - 11.00	L.I.A.	B	KENG
	11.00 - 12.00	MUSCLE PUMP	I	AOF
	12.00 - 13.00	DEEP STRETCHING	ALL LEVEL	KING
	13.00 - 14.00	WHUSU	ALL LEVEL	SUNTHORN
	14.00 - 15.30	SALSA	ALL LEVEL	PIK
	16.00 - 18.00	YOGA	ALL LEVEL	NUT
	18.00 - 19.00	BODY WORKOUT	B	U
	19.00 - 20.00	STEP	I	U
FRIDAY 4 October'2019	08.00 - 09.00	TABATA	I	AOF
	09.00 - 10.00	BALANCE	ALL LEVEL	M
	10.00 - 12.00	BALLROOM DANCE	ALL LEVEL	VERAWAN
	12.00 - 13.00	BODY SCULPT	I	KENG
	13.00 - 14.30	DANTIEN - SALEE YOGA	ALL LEVEL	OAD
	14.30 - 16.00	SALSA	ALL LEVEL	PIK
	16.00 - 18.00	YOGA	ALL LEVEL	NUT
	18.00 - 19.00	AEROBOX	B	MO
	19.00 - 20.00	POWER YOGA	ALL LEVEL	MO
SATURDAY 5 October'2019	08.00 - 09.00	HI / LO	I	KACHAIN
	09.00 - 10.00	MULTI STEP	A	KACHAIN
	10.00 - 11.00	AEROBOX	B	KENG
	11.00 - 12.00	BODY SCULPT	ALL LEVEL	KENG
	12.00 - 13.00	L.I.A.	B	BOY
	13.00 - 14.00	MAT PILATES	ALL LEVEL	PLA
	14.00 - 15.00	ROLLER WORKOUT	ALL LEVEL	NOY
SUNDAY 6 October'2019	10.30 - 11.30	HI / LO	B	OAK
	11.30 - 12.30	ZUMBA	ALL LEVEL	NAT
	12.30 - 13.30	MUSCLE RELEASE	B	KING
	14.00 - 15.00	HI / LO	I	KING
	15.00 - 16.00	HATHA YOGA	ALL LEVEL	JILL

INSTRUCTORS TAKE LEAVE : KACHAIN (1 October only RS club,2 October only LP club), THANG (4-5 October)