

- MODFIT -

1st - 29th February 2012 (2012年2月1日至29日)

- VISION Studio 舞蹈韵律操室 -

Time 时间	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六	Sunday 星期日
午间 6:30 - 7:30 PM	---	OXY Culture LATIN (M) - Justin -	---	OXY Motion (M) - Justin -	---	---	---
晚间 7:45 - 8:45 PM	IN Belly (M) - Elicia -	OXY Motion (M) - Justin -	晚间 8:00 - 9:00 PM IN Latin (B) - Daphne -	IN Streetz (M) - Fying -	---	---	---

***ADDITIONAL CLASSES : 3rd & 17th (Friday) 5:30PM - OXY Motion by Justin**

- SERENE Studio 瑜伽室 -

Time 时间	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六	Sunday 星期日
早晨 9:00 - 10:00 AM	BMS Yang (M) - Coco -	---	---	---	BMS B.A.T.H. (M) - Elicia -	---	---
午间 6:30 - 7:30 PM	BMS Yin (M) - Sharon -	BMS Mix (M) - Suphin -	BMS Yang (M) - Aster -	---	BMS Tradition (B) - Suphin -	---	---
晚间 7:45 - 8:45 PM	BMS B.A.T.H. (M) - Sharon -	BMS Yin (B) - Suphin -	BMS Yin (M) - Aster -	---	BMS Hot (I) - Suphin -	---	---

***TRAIL CLASSES : 2nd (Thursday) 6:30PM - BMS Tradition by Tan**

- MOMENTUM Studio 自行车室 -

MONDAY : 13th & 20th (6:30PM - 7:30PM) - Momentum Furious by Justin ; **27th** (8:00PM - 9:00PM) - Momentum Furious by HY
TUESDAY : 28th (9:00AM - 10:00AM) - Momentum Furious by HY
WEDNESDAY : 1st, 15th & 22nd (6:30PM - 7:30PM) - Momentum Furious by Justin
THURSDAY : 9th & 23th (9:00AM - 10:00AM) - Momentum Furious by HY
FRIDAY :
3rd (9:00AM - 10:00AM) - Momentum Furious by HY
3rd & 17th (6:30PM - 7:30PM) - Momentum Complete by Justin
10th & 24th (8:00PM - 9:00PM) - Momentum Furious by HY

- ESSENCE Studio 钢管舞室 -

	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六	Sunday 星期日
晚间 7:30 - 8:30 PM	ESS Skill (M) - Alicia/Cindy -	---	ESS Skill (M) - Alicia/Cindy -	---	ESS Skill (M) - Alicia/Cindy -	---	---

Beginners 初级 (B) - For those who want to know what is group fitness and for a basic understanding of fitness. A complete exercise for body and mind. 初学者想更深一层了解什么是团体运动及运动基础。全方位的身心锻炼。

Intermediate 中级 (I) - An intensive, dynamic and complete group fitness training for cardio, strength, flexibility, balance, co-ordination and fat-burning. 密集、活力、全方位的团体训练有助于心肺、力量、柔软、平衡、协调及消脂。

Advance 高级 (A) - A unique & complete scientific approach of fitness **for regular members only. This Class is not suitable for Beginners.**

Multi-level 多级 (M) - A general but powerful fitness class for student of all levels. 综合但强力的运动课程适合任何阶级的学生。

P/S : NEW / CHANGE

NOTICE

Due to Justin will be outstation for Training from **4th till 12th** & from **23rd till 1st** March.
His classes will be cancelled or replaced on this period. Sorry for inconvenience cause.

Dear Valued Members 亲爱尊贵的会员们：

* Please arrive 10 mins before Class start 请于课程开始的十分钟前到达。

* Class might be cancelled if there is no attendance after the class began for 15 minute 如果课程开始的十五分钟后没有任何出席者，课程将会取消。

* Classes or instructors might change without prior notice 在没有先前的通知下，课程或指导老师可能会有所更动。

* There will be **NO MOD FITNESS CLASSES** during **Public Holiday** 在公共假期，将会**没有MOD FITNESS**课程。

* Please choose classes that suit your fitness level 请选择适合您身体健康水平的课程。