RS Club

Phillip Wain
HEALTH AND BEAUTY

AEROBICS TIMETABLE		WEEK COMMENCING 12 - 18 Sep'2022		RATCHAPRASONG CLUB
** B = BEGINNER (เริ่มต้น) I = INTERMEDIATE (ระดับกลาง) A = ADVANCED (ขั้นสูง) ALL LEVEL (ทุกระดับ) **				
MONDAY	08.00 - 09.00	ZUMBA	I	KWANG
12 Sep'2022	09.30 - 10.30	MAT PILATES	ALL LEVEL	NOOM
	11.00 -12.00	MUSCLE PUMP		NATE
	17.00 - 18.00	ZUMBA	ALL LEVEL	THANG
	18.30 - 19.30	DEEP STRETCHING	I	KING
TUESDAY	08.00 - 09.00	MUSCLE PUMP	I	M
13 Sep'2022	09.30 - 10.30	HATHA VINYASA YOGA	ALL LEVEL	PAT
	11.00 - 12.00	HI / LO	I	KACHAIN
	17.00 - 18.00	FREE DANCE	ALL LEVEL	ALI
	18.30 - 19.30	MAT PILATES	ALL LEVEL	PLA
WEDNESDAY	08.00 - 09.00	HI / LO	I	KACHAIN
14 Sep'2022	09.30 - 10.30	DEEP STRETCHING	ALL LEVEL	KING
	11.00 - 12.00	ZUMBA	ALL LEVEL	TLE
	17.00 - 18.00	MUSCLE PUMP	I	** AOF **
	18.30 - 19.30	ZUMBA	ALL LEVEL	KWANG
THURSDAY	08.00 - 09.00	ZUMBA	I	A
15 Sep'2022	09.30 - 10.30	TAICHI	ALL LEVEL	VICHAI
	11.00 - 12.00	MUSCLE PUMP	I	NATE
	17.00 - 18.00	ZUMBA	ALL LEVEL	THANG
	18.30 - 19.30	MAT PILATES	ALL LEVEL	PLA
FRIDAY	08.00 - 09.00	BODY WORKOUT	ALL LEVEL	U
16 Sep'2022	09.30 - 10.30	YOGA RING	ALL LEVEL	PAT
	11.00 - 12.00	BALLETIC STRETCH	ALL LEVEL	THANG
	12.30 - 13.30	ZUMBA	ALL LEVEL	** KWANG **
	17.30 - 18.30	FREE DANCE	ALL LEVEL	ALI
SATURDAY	09.30 - 10.30	WHUSU	ALL LEVEL	SOONTHORN
17 Sep'2022	11.00 - 12.00	BODY WORKOUT	ALL LEVEL	U
	14.00 - 15.00	ZUMBA	I	TLE
SUNDAY	09.30 - 10.30	WHUSU	ALL LEVEL	SOONTHORN
18 Sep'2022	11.00 - 12.00	ZUMBA	ALL LEVEL	KWANG
	14.00 - 15.00	H.A.A.T	ALL LEVEL	M

INSTRUCTORS TAKE LEAVE .