

Activities Schedule of March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Yoga 18.30-19.30 Fon	2 Muay Thai limit 2 person/hrs. 18.30-19.30 Mit	3 Muay Thai limit 2 person/hrs. 18.30-19.30 Mit	4 Yoga 14.30-15.30 Fon
5	6	7	8	9	10	11
	Body Weight Exercise 18.30 - 19.30 Tang	Aerobic 18.30-19.30 Tum	Aerobic 18.30-19.30 Tum	Muay Thai limit 2 person/hrs. 18.30-19.30 Mit	Aerobic 18.30-19.30 Tum	Body Weight Exercise 14.30 - 15.30 Tang
12	13	14	15	16	17	18
	Body Weight Exercise 18.30 - 19.30 Tang	Yoga 18.30-19.30 Fon	Aerobic 18.30-19.30 Tum	Muay Thai limit 2 person/hrs. 18.30-19.30 Mit	Muay Thai limit 2 person/hrs. 18.30-19.30 Mit	Yoga 14.30-15.30 Fon
19	20	21	22	23	24	25
	Body Weight Exercise 18.30 - 19.30 Tang	Aerobic 18.30-19.30 Tum	Yoga 18.30-19.30 Fon	Aerobic 18.30-19.30 Tum	Muay Thai limit 2 person/hrs. 18.30-19.30 Mit	Yoga 14.30-15.30 Fon
26	27	28	29	30	31	
	Body Weight Exercise 18.30 - 19.30 Tang	Yoga 18.30-19.30 Fon	Aerobic 18.30-19.30 Tum	Muay Thai limit 2 person/hrs. 18.30-19.30 Mit	Muay Thai limit 2 person/hrs. 18.30-19.30 Mit	

Remark: For your safety, no attendance 10 minutes after class starts

The Eight Health Club management reserves the right to reschedule or cancel class without prior notice.

Muay Thai class. For booking and enquiries please contact The Eight Health Club at extension 02-309-5044