

December 2020 Group Fitness Schedule

| Date | Day | Time | Class | Trainer(s) |
|--------|-----|--------------|-----------------|----------------|
| 01 Dec | Tue | 1:00-2:00pm | PAVIGYM | Raj / Long |
| 02 Dec | Wed | 2:00-3:00pm | HIIT | Zero / Natalie |
| 03 Dec | Thu | 2:00-3:00pm | Stretch & Relax | Zero / Natalie |
| 04 Dec | Fri | 12:00-1:00pm | Bootcamp | Raj / Long |
| 05 Dec | Sat | 12:00-1:00pm | Bootcamp | Raj / Long |
| 06 Dec | Sun | 2:00-3:00pm | HIIT | Zero / Natalie |
| 07 Dec | Mon | 2:00-3:00pm | Stretch & Relax | Zero / Natalie |
| 08 Dec | Tue | 1:00-2:00pm | PAVIGYM | Raj / Long |
| 09 Dec | Wed | 12:00-1:00pm | Bootcamp | Raj / Long |
| 10 Dec | Thu | 2:00-3:00pm | Stretch & Relax | Zero / Natalie |
| 11 Dec | Fri | 2:00-3:00pm | HIIT | Zero / Natalie |
| 12 Dec | Sat | 12:00-1:00pm | Bootcamp | Raj / Long |
| 13 Dec | Sun | 12:00-1:00pm | Bootcamp | Raj / Long |
| 14 Dec | Mon | 2:00-3:00pm | HIIT | Zero / Natalie |

Remarks: Max. 3 participants per class