












GROUP TRAINING

X TRX Master Class Schedule - SIAM PARAGON CLUB

Please reserve your class at reception counter or see your favorite instructor for more details.

DATE TIME	วันจันทร์/Monday 30-Jan-12	วันอังคาร/Tuesday 31-Jan-12	วันพุธ/Wednesday 1-Feb-12	วันพฤหัสบดี/Thursday 2-Feb-12	วันศุกร์/Friday 3-Feb-12	วันเสาร์/Saturday 4-Feb-12	วันอาทิตย์/Sunday 5-Feb-12
7:00 8:00 M							
8:30 9:30 M						CARDIO YOGA SCLUPT 10.00-11.15 Nui	
9:45 10:45 M							
11:00 12:00 L							
12:30 13:30 L						 TRX Circuit training 11.30-12.30 Bo*	
13:45 14:45 A							
15:00 16:00 A			 TRX Circuit training Jamlong			 TRX Circuit training Mhee	 TRX Circuit training Mhee
16:45 17:45 A							
18:00 19:00 A	 TRX Circuit training Pas		 TRX Circuit training Bo		 TRX Circuit training 18.15-19.15 Pas*		
19:15 20:15 A		 TRX Circuit training Jamlong		Free Weight Fit & Firm Takorn	 TRX Circuit training 19.30-20.30 John		
20:30 21:30 P							
21:45 22:45 P							



NOTE: A = advanced, I = intermediate, B = beginner, M = multilevel

Web site : <http://www.californiawowx.com/classschedule/schedule.php>

Please arrive for each class no later than 15 Minute after class begins.



QUALITY OF LIFE IS WHAT WE WANT.
GOOD HEALTH HELPS US ACHIEVE A HIGH QUALITY OF LIFE
'GO FROM... 'GOOD ENOUGH' TO 'GREATER THAN'
MANY MASTER STYLES FOR YOU TO CHOOSE FROM
check out the GX schedule at your club