



# GROUP TRAINING



X TRX Master Class Schedule - SIAM PARAGON CLUB

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

| DATE TIME | วันจันทร์/Monday | วันอังคาร/Tuesday | วันพุธ/Wednesday | วันพฤหัสบดี/Thursday | วันศุกร์/Friday | วันเสาร์/Saturday | วันอาทิตย์/Sunday |
|-----------|------------------|-------------------|------------------|----------------------|-----------------|-------------------|-------------------|
| 6-Feb-12  | 7-Feb-12         | 8-Feb-12          | 9-Feb-12         | 10-Feb-12            | 11-Feb-12       | 12-Feb-12         |                   |
| 7:00      |                  |                   |                  |                      |                 |                   |                   |
| 8:00      |                  |                   |                  |                      |                 |                   |                   |
| M         |                  |                   |                  |                      |                 |                   |                   |
| 8:30      |                  |                   |                  |                      |                 |                   |                   |
| 9:30      |                  |                   |                  |                      |                 |                   |                   |
| M         |                  |                   |                  |                      |                 |                   |                   |
| 9:45      |                  |                   |                  |                      |                 |                   |                   |
| 10:45     |                  |                   |                  |                      |                 |                   |                   |
| M         |                  |                   |                  |                      |                 |                   |                   |
| 11:00     |                  |                   |                  |                      |                 |                   |                   |
| 12:00     |                  |                   |                  |                      |                 |                   |                   |
| L         |                  |                   |                  |                      |                 |                   |                   |
| 12:30     |                  |                   |                  |                      |                 |                   |                   |
| 13:30     |                  |                   |                  |                      |                 |                   |                   |
| L         |                  |                   |                  |                      |                 |                   |                   |
| 13:45     |                  |                   |                  |                      |                 |                   |                   |
| 14:45     |                  |                   |                  |                      |                 |                   |                   |
| A         |                  |                   |                  |                      |                 |                   |                   |
| 15:00     |                  |                   |                  |                      |                 |                   |                   |
| 16:00     |                  |                   |                  |                      |                 |                   |                   |
| A         |                  |                   |                  |                      |                 |                   |                   |
| 16:45     |                  |                   |                  |                      |                 |                   |                   |
| 17:45     |                  |                   |                  |                      |                 |                   |                   |
| A         |                  |                   |                  |                      |                 |                   |                   |
| 18:00     |                  |                   |                  |                      |                 |                   |                   |
| 19:00     |                  |                   |                  |                      |                 |                   |                   |
| A         |                  |                   |                  |                      |                 |                   |                   |
| 19:15     |                  |                   |                  |                      |                 |                   |                   |
| 20:15     |                  |                   |                  |                      |                 |                   |                   |
| A         |                  |                   |                  |                      |                 |                   |                   |
| 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.



**Make your move into fitness industry with California WOW Xperience**

**NONE OF US ARE AS STRONG AS all of us** **ALONE WE'RE WEAK TOGETHER we're strong**

Get motivation, inspiration and strength from doing live group fitness with the energy of many.