

29 AUGUST - 4 SEPTEMBER 2022

TIME	ACTIVITIES							
	MON 29 AUG	TUE 30 AUG	WED 31 AUG	THU 1 SEP	FRI 2 SEP	SAT 3 SEP	SUN 4 SEP	
07.00 AM	HIP OPENER RAKxa GAYA	FITBALL RAKXa GAYA	CHAIR STRETCH RAKxa GAYA	ACTIVE BRAIN COORDINATION RAKXA GAYA	FASCIA RELEASE RAKXA GAYA	ACTIVE BRAIN COORDINATION RAKXA GAYA	AQUA AICHI RAKXA GAYA	
10.00 AM	REFORMER STRETCH RAKxa GAYA	QI QONG RAKxa GAYA	PILATES REFORMER RAKxa GAYA	SINGING BOWL RAKXA GAYA	ELEMENT YOGA RAKxa GAYA	YOGA FLOW RAKxa GAYA	*** HIIT RAKxa GAYA	
03.00 PM	* * * HIIT RAKxa GAYA	ABS, BUTT AND THIGHS RAKXa GAYA	PILATES MAT FOUNDATION RAKXa GAYA	* * * HIT RAKxa GAYA	PILATES MAT FOUNDATION RAKXa GAYA	CHAIR STRETCH RAKXA GAYA	PILATES MAT FOUNDATION RAKxa GAYA	
05.00 PM	PILATES MAT FOUNDATION RAKXA GAYA	AQUA AEROBIC BOXING RAKxa GAYA	YOGA FLOW RAKxa GAYA	AQUA AEROBIC WITH NOODLE RAKXA GAYA	STRETCHING RAKxa GAYA	AQUA AEROBIC WITH HAND BUOY RAKXA GAYA	ASHTANGA YOGA RAKxa GAYA	





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A cancellation will be made if your arrival is delayed more than 15 minutes.

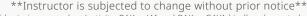




5 - 11 SEPTEMBER 2022

TIME	ACTIVITIES							
1114112	MON 5 SEP	TUE 6 SEP	WED 7 SEP	THU 8 SEP	FRI 9 SEP	SAT 10 SEP	SUN 11 SEP	
07.00 AM	ACTIVE SUSPENSION RAKxa GAYA	FASCIA RELEASE RAKXA GAYA	YOGA FLOW RAKXA GAYA	RAKxa RISE AND SHINE RAKxa GAYA	* * * HIIT RAKXa GAYA	ACTIVE SUSPENSION RAKXa GAYA	FASCIA RELEASE RAKXA GAYA	
10.00 AM	FITBALL RAKxa GAYA	ASHTANGA YOGA RAKxa GAYA	CHAIR STRETCH RAKxa GAYA	QI QONG RAKxa GAYA	PILATES REFORMER RAKxa GAYA	SINGING BOWL RAKXA GAYA	REFORMER STRETCH RAKxa GAYA	
03.00 PM	HIP OPENER RAKxa GAYA	ACTIVE BRAIN COORDINATION RAKXA GAYA	* * * HIIT RAKxa GAYA	FASCIA RELEASE RAKXA GAYA	* STRETCHING RAKxa GAYA	YOGA FLOW RAKxa GAYA	ASHTANGA YOGA RAKxa GAYA	
05.00 PM	AQUA AICHI RAKxa GAYA	* STRETCHING RAKXa GAYA	AQUA AEROBIC BOXING RAKxa GAYA	PILATES MAT FOUNDATION RAKXa GAYA	AQUA AEROBIC WITH NOODLE RAKXA GAYA	CHAIR STRETCH RAKXA GAYA	AQUA AEROBIC WITH HAND BUOY RAKXa GAYA	





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- 18 SEPTEMBER 2022

TIME	ACTIVITIES							
1111112	MON 12 SEP	TUE 13 SEP	WED 14 SEP	THU 15 SEP	FRI 16 SEP	SAT 17 SEP	SUN 18 SEP	
07.00 AM	YOGA FLOW RAKxa GAYA	FITBALL RAKxa GAYA	ASHTANGA YOGA RAKxa GAYA	ABS, BUTT AND THIGHS RAKXA GAYA	FASCIA RELEASE RAKXA GAYA	ACTIVE BRAIN COORDINATION RAKXa GAYA	YOGA FLOW RAKXa GAYA	
10.00 AM	PAID CLASS PILATES REFORMER RAKXA GAYA	QI QONG RAKxa GAYA	ACTIVE SUSPENSION RAKXa GAYA	YOGA FLOW RAKxa GAYA	PAID CLASS PILATES REFORMER RAKXA GAYA	SINGING BOWL RAKXA GAYA	PILATES REFORMER RAKXA GAYA	
							03.30-4.30 PM MEETING WITH EXPERT Brain exercise that help you get smarter Reading Room	
03.00 PM	STRETCHING RAKXa GAYA	*** HIIT RAKxa GAYA	STRETCHING RAKXa GAYA	* * * * HIIT RAKXA GAYA	PRANAYAMA YOGA RAKxa GAYA	PILATES MAT FOUNDATION RAKxa GAYA	FITBALL RAKxa GAYA	
05.00 PM	ABS, BUTT AND THIGHS RAKxa GAYA	AQUA AICHI RAKxa GAYA	FASCIA RELEASE RAKXA GAYA	CHAIR STRETCH RAKxa GAYA	FITBALL RAKXa GAYA	AQUA AEROBIC WITH NOODLE RAKXA GAYA	ABS, BUTT AND THIGHS RAKXA GAYA	



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19 - 25 SEPTEMBER 2022

TIME	ACTIVITIES							
1 11/112	MON 19 SEP	TUE 20 SEP	WED 21 SEP	THU 22 SEP	FRI 23 SEP	SAT 24 SEP	SUN 25 SEP	
07.00 AM	MORNING YOGA RAKxa GAYA	RAKxa RISE AND SHINE RAKxa GAYA	ACTIVE SUSPENSION RAKXa GAYA	ABS, BUTT AND THIGHS RAKXA GAYA	* * * * HIIT RAKXA GAYA	FITBALL RAKxa GAYA	FASCIA RELEASE RAKxa GAYA	
10.00 AM	PILATES MAT FLOW RAKXA GAYA	ASHTANGA YOGA RAKxa GAYA	YOGA FLOW RAKXA GAYA	PILATES REFORMER RAKxa GAYA	QI QONG RAKXA GAYA	PILATES REFORMER RAKXA GAYA	SINGING BOWL RAKXA GAYA	
	***	*	**	*	*	東 東	***	
03.00 PM	ACTIVE SUSPENSION RAKxa GAYA	STRETCHING RAKxa GAYA	FITBALL RAKxa GAYA	ELEMENT YOGA RAKxa GAYA	PRANAYAMA YOGA RAKxa GAYA	YOGA FLOW RAKxa GAYA	HIIT RAKxa GAYA	
05.00 PM	AQUA AEROBIC WITH HAND BUOY RAKxa GAYA	HIIT RAKxa GAYA	AQUA AEROBIC WITH NOODLE RAKXA GAYA	STRETCHING RAKxa GAYA	AQUA AEROBIC BOXING RAKxa GAYA	ABS, BUTT AND THIGHS RAKXA GAYA	AQUA AEROBIC WITH NOODLE RAKxa GAYA	



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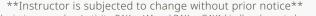
★★ Moderate Intensity ★★★ High Intensity



26 SEPTEMBER - 2 OCTOBER 2022

TIME	ACTIVITIES							
1 114112	MON 26 SEP	TUE 27 SEP	WED 28 SEP	THU 29 SEP	FRI 30 SEP	SAT 1 OCT	SUN 2 OCT	
07.00 AM	YOGA FLOW RAKxa GAYA	* STRETCHING RAKXa GAYA	MORNING YOGA RAKxa GAYA	ACTIVE BRAIN COORDINATION RAKXA GAYA	FASCIA RELEASE RAKXA GAYA	STRETCHING RAKxa GAYA	RAKxa RISE AND SHINE RAKxa GAYA	
10.00 AM	QI QONG RAKxa GAYA	*** HIIT RAKxa GAYA	PILATES REFORMER RAKxa GAYA	FITBALL RAKxa GAYA	ABS, BUTT AND THIGHS RAKXA GAYA	PILATES REFORMER RAKxa GAYA	ABS, BUTT AND THIGHS RAKXA GAYA	
03.00 PM	ACTIVE SUSPENSION RAKXa GAYA	PILATES MAT FOUNDATION RAKXA GAYA	ABS, BUTT AND THIGHS RAKxa GAYA	* * * * HIIT RAKxa GAYA	* CLEMENT YOGA RAKxa GAYA	* * * * HIIT RAKXA GAYA	* * FITBALL RAKxa GAYA	
05.00 PM	FITBALL RAKxa GAYA	AQUA AEROBIC WITH HAND BUOY RAKXA GAYA	FASCIA RELEASE RAKxa GAYA	AQUA AICHI RAKxa GAYA	PILATES MAT FOUNDATION RAKxa GAYA	AQUA AEROBIC BOXING RAKxa GAYA	HIP OPENER RAKxa GAYA	





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