

ACTIVITIES

DAY	TIME	ACTIVITY	VENUE
MONDAY	07.00-08.00	YOGA	IP POOL*
	09.00-10.00	WEIGHT TRAINING	GYM
	15.00-16.00	BOXING TRAINING	GYM
	16.00-17.00	STRETCHING & TAI CHI	GYM
TUESDAY	07.00-08.00	STRETCHING & TAI CHI	IP POOL*
	09.00-10.00	CIRCUIT TRAINING	GYM
	15.00-16.00	TOWEL DECORATION	GYM
	16.00-17.00	YOGA	GYM
WEDNESDAY	07.00-08.00	YOGA	IP POOL*
	09.00-10.00	BOXING TRAINING	GYM
	15.00-16.00	BAHASA INDONESIA LESSON	GYM
	16.00-17.00	STRETCHING & TAI CHI	GYM
THURSDAY	07.00-08.00	STRETCHING & TAI CHI	IP POOL*
	09.00-10.00	CIRCUIT TRAINING	GYM
	15.00-16.00	FRUIT CARVING LESSON	GYM
	16.00-17.00	YOGA	GYM
FRIDAY	07.00-08.00	YOGA	IP POOL*
	09.00-10.00	BOXING TRAINING	GYM
	15.00-16.00	TOWEL DECORATION	GYM
	16.00-17.00	STRETCHING & TAI CHI	GYM
SATURDAY	07.00-08.00	STRETCHING & TAI CHI	IP POOL*
	09.00-10.00	CIRCUIT TRAINING	GYM
	15.00-16.00	BAHASA INDONESIA LESSON	GYM
	16.00-17.00	YOGA	GYM
SUNDAY	07.00-08.00	YOGA	IP POOL*
	09.00-10.00	BOXING TRAINING	GYM
	15.00-16.00	FRUIT CARVING LESSON	GYM
	16.00-17.00	STRETCHING & TAI CHI	GYM

* IN CASE OF RAIN, MEETING POINT IS AT THE GYM