145, Lebuh Aceh, George Town
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PUMP

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RM108

*Terms & conditions apply

In Partnership with:

Prince of Wales Island International School®
TANJUNG BUNGAH

ELEMEN+
GX SCHEDULE
PUMP FITNESS PENANG

- Reformer Studio
- Element Hall 1
- Coming Soon

MON	TUES	WED	THUR	FRI	SAT	SUN
	Hatha Yoga Dr Kitty **6:00pm**				**YOGA** Ginny **9:00am**	**REFORMER BEGIN** Dr Kitty **9:00am**
INSIDE FLOW *New!* Chris **7:00pm**	**Pilates Mat** Fion **7:00pm**	**YOGA** Ginny **7:00pm**	**Pilates Mat** Fion **7:00pm**			**INSIDE FLOW** Suzzane **10:15am**
REFORMER BEGIN Dr Kitty **7:00pm**	**REFORMER BEGIN** Dr Kitty **7:00pm**	**REFORMER BEGIN** Dr Kitty **7:00pm**			**REFORMER BEGIN** Dr Kitty **1:30pm**	
		YOGA Anna **8:05pm**	**INSIDE FLOW** *New!* KIMME **8:05pm**			
REFORMER MULTI Dr Kitty **8:05pm**	**REFORMER MULTI** Dr Kitty **8:05pm**	**REFORMER MULTI** Dr Kitty **8:05pm**	**REFORMER MULTI** Dr Kitty **8:05pm**			

Reformer Begin class is an introduction class and for beginner.
Reformer Multi class is for all levels of members from intermediate to advance.

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