



WEEKDAYS SCHEDULE



CrossFit

Monday - Friday

Session : 06.00 - 07.00 WIB
Session : 07.15 - 08.15 WIB
Session : 09.30 - 10.30 WIB
Session : 16.00 - 17.00 WIB
Session : 18.15 - 19.15 WIB
Session : 19.30 - 20.30 WIB

Weightlifting

Tuesday

Session : 08.20 - 09.20 WIB

Thursday

Session : 17.05 - 18.05 WIB

CrossFit Kids Class

Tuesday

Session : 17.15 - 18.00 WIB

Muay Thai

Monday - Friday

Session : 07.30 - 08.45 WIB
Session : 09.00 - 10.15 WIB
Session : 10.30 - 11.45 WIB
Session : 14.00 - 15.15 WIB
Session : 17.00 - 18.15 WIB
Session : 18.20 - 19.35 WIB
Session : 19.45 - 21.00 WIB

Muay Thai Kids Class

Monday - Friday

Session : 15.45 - 16.45 WIB

Strong Nation

Wednesday

Session : 08.20 - 09.20 WIB

Brazilian Jiu Jitsu

Tuesday & Thursday

Session : 18.30 - 20.00 WIB

Power Yoga

Monday

Session : 08.20 - 09.20 WIB
Session : 19.30 - 20.30 WIB



WEEKEND SCHEDULE



CrossFit

Saturday

Session : 07.00 - 08.00 WIB
Session : 08.30 - 09.30 WIB
Session : 10.00 - 11.00 WIB

Sunday

Session : 08.30 - 09.30 WIB
Session : 10.00 - 11.00 WIB

Weightlifting

Sunday

Session : 11.15 - 12.15 WIB

CrossFit Kids Class

Saturday

Session : 11.15 - 11.55 WIB

Muay Thai

Saturday - Sunday

Session : 07.30 - 08.45 WIB
Session : 09.00 - 10.15 WIB
Session : 10.30 - 11.45 WIB

Zumba

Sunday

Session : 07.00 - 08.00 WIB

**For Reservation & Information,
Call/WA: 0811-880-5587**