

**SLIMMERS WORLD
AEROBICS SCHEDULE-MARCH 2009**

ADRIATICO							
TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
7:30 - 8:30	Hi-Low JAY	Dance Fusion ERIC	Aero Jam JAY	Hi-Low PENG	Hi-Low DARIUS		
9:00 -10:00							Aero Boxing ABET
9:30 -10:30						Hi-Low DARIUS	
12:15 -1:15		Yoga EDNA		Latin Myx EDNA			
2:00 - 3:00						Hi- Low (B) WILLIE	
6:00 - 7:00	Hi-Low KENNETH	Stretch & Tone ROBERT	Bench Aero LANIE	(5:30pm) Step Challenge ALAIN	Dance Fusion DARIUS		
7:00 - 8:00	Aero Boxing KENNETH	Dance Fusion DARIUS	Extreme Cardio LANIE	Dance Fusion DARIUS	Hi-Low DARIUS		
8:00 - 9:00	Yogilates LUCY						

CENTER SCHEDULE:
Mondays-Fridays 6:00 - 10:00 pm
Saturdays 8:00am - 7:00pm
Sundays 8:00am - 1:00pm

MEDICAL SCHEDULE
TUES / THURS 6:00 - 8:00 PM

AERO SCHEDULE MAY CHANGE WITHOUT PRIOR NOTICE.

ALABANG						
TIME	MON	TUES	WED	THURS	FRI	SAT
7:30	Kickbox ELAINE	Hi-Low ELAINE	Latin ROMY	Belly Dancing ROBERT	Latin Dance ELAINE	
8:00						Belly Dancing ROBERT
9:00	Abs N Tone ELAINE	Hip Hop NEIL	Hi-Low ROMY	10am AeroJam JHAY	KICKBOX Elaine	
9:30						Yogilates ROBERT
2:00	Aero Hip- Hop NEIL	Latin SHALIMAR	Aero Jam JAY	Belly Dancing ROBERT	Latin Romy	Dance Fusion DARIUS
6:30	Kickbox ELAINE	Hi-Low CHARLES	Latin SHALIMAR	Street Jazz NEIL	Hi-Low TONTON	

CENTER SCHEDULE:
MONDAYS - FRIDAYS 7:00 am - 9:00 pm
SATURDAY S & SUNDAYS 7:00 am - 7:00 pm
MEDICAL SCHEDULE:
TUE - THURS 5-7 pm

AERO SCHEDULE MAY CHANGE WITHOUT PRIOR NOTICE.

BINONDO						
TIME	MON	TUES	WED	THURS	FRI	SAT
7:00	Latin Freestyle EDU	(7:30 - 9:00) Belly Dancing ELLEN	Aero Jammin' POPOY	Hi-Low LANIE	Yoga DENNIS	
8:00	HI-Low EDU		Aero Jammin' POPOY	Bench LANIE	Yogilates DENNIS	Latin Hi-Low ABET G.
9:00	Latin Freestyle EDU		Latin EDU		Tai-Chi DENNIS	Aero Boxing ABET G.
12:00	Perfect Step BETH	Bench ELLEN	Bench VINCE		Aerodance DARIUS	
2:00	Extreme Cardio BETH		Hi-Low VINCE	Hi-Low ABET G.	Hi-Low JHAY	

CENTER HOURS
MONDAYS - FRIDAYS 5:30am - 9:00pm
SATURDAY S 7:00am - 7:00pm
AERO SCHEDULE MAY CHANGE WITHOUT

5:30	Step BETH		Hi-Low ELLEN	Hi-Low EDU	Hi-Low JAY	Hi-Low SIEG	PRIOR NOTICE.
6:15		(6:15-7:15) Kick Box MARGIE					
6:30	Shape n' Tone BETH		Belly Dancing ELLEN	Bench EDU	Hi-Low JAY		

CALOOCAN

TIME	MON	TUES	WED	THURS	FRI	SAT	CENTER HOURS: MONDAYS - FRIDAYS 6:30AM - 9:00PM SATURDAY S 7:00AM - 7:00PM AERO SCHEDULE MAY CHANGE WITHOUT PRIOR NOTICE.
7:30 - 8:30	Step Intermediate LANIE	Aero Dance ARIEL	Basic Hi-Low POL	Hip-Hop PAUL N.	Step Challenge VINCENT	TBC LANIE	
9:00 - 10:00						Latin Dance EDU	
2:00 - 2:30	Dance Fusion EDU			Aero Kickbox EDU	Latin Dance EDU		
2:00 - 3:30			Aero Overload ALLAINE				
2:30 - 3:30		Hip - Hop JAYSON					
5:30 - 7:00		TBC POL	Multi - Level ALLAINE				
6:00 - 7:30				Hip-Hop Abs ERIC			
6:00 - 7:00		TBC POL			Aero 101 MARC		
6:30 - 8:00	Aero Dance DARIUS						

GREENHILLS

TIME	MON	TUES	WED	THURS	FRI	SAT	CENTER HOURS: MONDAYS - FRIDAYS 6:30AM - 9:00PM SATURDAY S - 7:00AM - 7:00PM AERO SCHEDULE MAY CHANGE WITHOUT PRIOR NOTICE.
7:15	Dance Fusion NITZ	Pep Step Made Easy BETH	High Performance Pep Step ALAIN	PEP Step JASON	Intensity Class ALAIN		
8:30	Dance Fusion NITZ	Intensity Class BETH	Hip-Hop ERICK	Dance Fusion JASON	Keeping it Limber ALAIN	Taebo Jam ERICK	
12:30	Dance Fusion SAM	Dance Fusion JASON	Dance Fusion SAM		Dance Fusion SAM	Self Defense Workout BETH	
2:00						Intensity Class BETH	
3:30						Hip-Hop JASON	
5:30							
6:00	Intensity Class JAY	Dance Fusion NITZ	Tantra Yoga DENNIS	Dance Fusion NITZ	Belly Dancing NILDA		
7:00					Taebo Jam ERICK		

LEGASPI

TIME	MON	TUES	WED	THURS	FRI	SAT	CENTER SCHEDULE: MONDAYS -
7:00 - 8:00	Hi-Low TON	Step Class LARRY	Cardio Funk CARLOS	Tantra Yoga PRABHAT	Dance Fusion TBA		
9:00 - 10:00						Step Class SIEG	

12:00 - 1:00						Aero Kickboxing EDMUND	FRIDAYS 6:00AM - 9:00PM SATURDAY S 7:00AM - 5:00PM AERO SCHEDULE MAY CHANGE WITHOUT PRIOR NOTICE.
12:15 - 1:15	Hi-Low TON	Basic Step LARRY	Dance Fusion ERIC		Cardio Funk CARLOS		
5:30 - 6:30	Perfect Step CHING	Hip-Hop Abs ERIC	Perfect Step LARRY				
6:00 - 7:00				Hi-Low LARRY	Cardio Funk CARLOS		
7:00 - 8:00	Basic Step CHING	Aero Kickboxing KENNETH	Yoga PRABHAT				

MEGAMALL							
TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
7:30	Hi-Low JASON	Stretch & Tone BONG	Extreme Cardio ABET	TBC MAC	Hi-Low ABET		
8:30						Combat Cardio MAC	
10:15	Perfect Step JASON	Boxing MAC	Perfect Step SIEG	Latin TON TON	Perfect Step SIEG		
11:15	Hi-Low JOSEPH		Hi-Low ABET	Belly Dancing NILDA	Dance Aero Hip-Hop TON-TON		
12:15	Cardio Dance JOSEPH	Cardio Fusion JESSIE	Belly Dancing NILDA	Hi-Low TON TON	HIP-Hop ABS ERICK	Combo Dance JASON	First Step VINCENT
2:00				Yoga MAC		Step Challenge ALLAIN	Hi-Low VINCENT
2:30	Total Body Workout MAC	Power Yoga SIEG			Extreme Cardio ALLAIN		
3:00			Combo Dance JASON				
5:30	Extreme Cardio JOSEPH	Aero Boxing ABET	Hi-Low JOSEPH	Hi-Low TON TON	Perfect Step ALLAIN	Extreme Cardio ALLAIN	
6:30	Perfect Step JOSEPH	Intro to Aero ABET	Step Challenge JOSEPH	Aero Street Dance JOSHUA			

CENTER SCHEDULE:
MONDAYS - FRIDAYS
 7:00AM - 9:00pm
AERO SCHEDULE
MAY CHANGE WITHOUT PRIOR NOTICE.

PASAY RD.							
TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6:30		Hip Hop NITZ	Aerocombat KENNETH		Hi-Low CHARLES		
7:30				Moderate Cardio JAY		Hi-Low JHAY D.	
8:00	Total Body Workout KENNETH	Aero Jam JAYSON	Total Body Conditioning KENNETH		Power Yoga KENNETH		
8:30						Aero Jam	
10:30							Moderate Cardio JAY
12:15	Dance and Pump CHARLES	Power Yoga KENNETH	Hi-Low CHARLES	Aero Jam	Hi-Low KENNETH		
2:30						Aero Kickbox BERNARD	
5:30	Hi-Low HEIDI						

CENTER HOURS:
MONDAYS - FRIDAYS
 6:00AM - 10:00PM
SATURDAYS
 7:00AM - 7:00PM

6:00		Bench JOSEPH M.	Aero Kickbox KENNETH	Latin HEIDI	Aero Jam		
6:30	Extreme Cardio CHARLES						
7:00		Hi-Low JOSEPH M.	Dance CHARLES	Aero Kickbox BERNARD T.	Dance CHARLES		
7:30	TBC CHARLES						
8:00		Belly Dancing		STEP BERNARD T.			

PASIG							
TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
7:00	Dance Aero ERIC	Latin Retro JANE	Aero Jam 7:15 JAYSON	Dance Aero ERICK	Taebo 7:30 ERICK		
8:00	TAEBO					First Step FERDIE	
10:00			Hi-Low 10:30 JAYSON			Intermediate Step FERDIE	Intermediate Step CHING
11:00		First Step ALLAN		Perfect Step CHING			
12:00	Aero Jam 1:00pm JAYSON		Aero Jam JAYSON		Hi-Low JAYSON		
3:00	Intermediate Step JOSEPH					HIP-Hop Dance NITZ	
5:00						Yoga DENNIS	
6:00	Taebo LARRY	Belly Dancing NILDA (6:30)		TBC ALLAN	Hip-Hop Dance NITZ		
7:00							

CENTER HOURS:
MONDAYS - FRIDAYS
6:30AM - 9:00PM
SATURDAYS
7:00AM - 7:00PM
SUNDAYS
7:00AM - 12:00NN
AERO SCHEDULE MAY CHANGE WITHOUT PRIOR NOTICE.

SM NORTH							
TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
7:00 - 8:00	Perfect Step ALLAINE	Step Challenge ALLAINE	TBC ROI	mm-mdn ALLAINE	TBC ROI		
8:30 - 9:30	Stretch N Tone ALLAINE	Hi-Low ALLAINE		Hi-Low ALLAINE	Aero kickboxing ROI	Aero Kickboxing ROI	
10:00 - 11:00	Hi-Low ALLAINE	Aero kickboxing PENG	Step Circuit PENG				Aero Kickboxing DAN
11:00 - 12:00				Aero Kickboxing ROI			
12:00 - 1:00	Hi-Low PENG	Extreme Cardio ALLAINE	Hi-Low ROI	Step Challenge ALLAINE	Hi-Low ROI	Hip Hop Abs ERICK	
2:00 - 3:00	Aero Kickboxing ME-ANN	Latin Dance Mix MEANN	Aero Kickboxing ME-ANN	Latin Dance Mix ME-ANN	TBC ME-ANN	Belly Dancing ELLEN	
3:30 - 4:30				Aero kickboxing Roi			
4:30 - 5:30	Belly Dancing ELLEN	First Step PENG			Hip Hop Abs ERICK		
5:00 - 6:00				Hi-Low ROI			
5:30 - 6:30			Hi-Low PENG				
6:00 - 7:00	Pilates ELLEN	Extreme Cardio PENG			Step Challenge BETH		
6:30 - 7:30				First Step ROI			
7:30 - 8:30	First Step ROI		Beginner's Aero IRENE		Beginner's Aero IRENE		

CENTER HOURS:
7:00AM - 9:00PM
MONDAYS - SUNDAYS
AERO SCHEDULE MAY CHANGE WITHOUT PRIOR NOTICE.

TRAFALGAR

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6:30AM 6:00PM 7:00PM	Stretch N Tone ROBERT Basic Cardio Funk - CARLOS Perfect Step - BERNARD	Callanetics - LINDA Cardio Funk - JAYR					
5:30PM 7:00PM			Kick Boxing - BERNARD Perfect Step - BERNARD				
6:30AM 6:00PM 7:00PM	Basic Cardio Funk CARLOS Perfect Step BERNARD	Hip-Hop RICKY		Callanetics - LINDA Perfect Step - JOSEPH Cardio Funk - CARLOS	Yoga PRABHAT 6:30PM		
7:00PM							
2:00PM							

CENTER HOURS:
MONDAYS - FRIDAYS
 6:00AM - 9:00PM
SATURDAYS
 7:00AM - 4:00PM
AERO SCHEDULE
 MAY CHANGE WITHOUT PRIOR NOTICE.

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MONTH OF MARCH 2009

DATE	2	3	4	5	6	7
TIME	MON	TUES	WED	THURS	FRI	SAT
7:30 - 8:30AM	Hi-Low ROBERT	Latin LIBBY	Kickboxing ROBERT	LIBBY	Abs Session Intermediate ALLAN	
2:00 - 3:00PM	Kick Boxing ALLAN	Hip Hop BEA	Spin Cycle Endurance ALLAN	Aerobic Beginner BEA	X - Training Advance ALLAN	Hip-Hop Inter- Advance ZEUS
6:00 - 7:00PM	Hi-Low/Step ALLAN	Turbo Jam BEA	Dance Aero Intermediate BEA	Belly Dancing Advance BEA	Belly Dancing Beginner BEA	Hip-Hop Inter- Advance BEA
7:00 - 8:00PM	Aero Boxing GLENN	Perfect Step ROBERT	Hip-Hop Inter-Advance ZEUS	Aero Mix ROBERT	Hip-Hop Inter-Advance ZEUS	
DATE	9	10	11	12	13	14
TIME	MON	TUES	WED	THURS	FRI	SAT
7:30 - 8:30AM	Hi-Low ROBERT	Latin LIBBY	Kickboxing ROBERT	Latin LIBBY	Abs Session Intermediate ALLAN	
2:00 - 3:00PM	Kick Boxing Intermediate ALLAN	Hip-Hop Beginner BEA	Iron Cycle Inter-Advance ALLAN	Aerobic Beginner BEA	X - Training Advance ALLAN	Hip hop ZEUS
6:00 - 7:00PM	Hi-Low / Steps Beginner ALLAN	Belly Dancing Beginner BEA	Dance Aero Intermediate BEA	Belly Dancing Advance BEA	Turbo Jam Beginner BEA	Hip hop BEA
7:00 - 8:00PM	Aero Boxing Inter-Advance GLENN	Perfect Step ROBERT	Hip-Hop Inter-Advance ZEUS	Aero Mix ROBERT	Hip-Hop Inter-Advance ZEUS	
DATE	16	17	18	19	20	21
TIME	MON	TUES	WED	THURS	FRI	SAT
7:30 - 8:30AM	Hi-Low ROBERT	Latin LIBBY	Kickboxing ROBERT	Latin Beginner	Abs Session Intermediate ALLAN	
2:00 - 3:00PM	Kick Boxing Intermediate ALLAN	Hip-Hop Beginner BEA	Iron Cycle ALLAN	Aerobic Beginner BEA	X - Training Advance ALLAN	Hip-Hop Inter- Advance ZEUS
6:00 - 7:00PM	Hi-Low / Steps Beginner ALLAN	Belly Dancing Beginner BEA	Dance Aero Intermediate BEA	Belly Dancing Advance BEA	Turbo Jam BEA	Hip-Hop Beginner BEA

CENTER HOURS:
MONDAYS - FRIDAYS
 7:00AM - 9:00PM
SATURDAY S
 8:00AM-5:00PM
AERO SCHEDULE
 MAY CHANGE WITHOUT PRIOR NOTICE.

7:00 - 8:00PM	Aero Boxing Inter-Advance GLENN	Perfect Step ROBERT	Hip-Hop Inter-Advance ZEUS	Aero Mix ROBERT	Hip Hop ZEUS	
DATE	23	24	25	26	27	28
TIME	MON	TUES	WED	THURS	FRI	SAT
7:30 - 8:30AM	Hi-Low ROBERT	Latin LIBBY	Kick Boxing ROBERT	Latin LIBBY	Abs Session Intermediate ALLAN	
2:00 - 3:00PM	Kick Boxing Intermediate ALLAN	Hip-Hop Beginner BEA	Iron Cycle ALLAN	Aerobic BEA	X-Training Advance ALLAN	Hip-Hop Inter- Advance ZEUS
6:00 - 7:00PM	Hi-Low / Steps Beginner ALLAN	Belly Dancing BEA	Dance Aero BEA	Belly Dancing BEA	Turbo Jam Beginner BEA	Hip-Hop Beginner BEA
7:00 - 8:00PM	Aero Boxing Inter-Advance GLENN	Perfect Step ROBERT	Hip- Hop ZEUS	Aero Mix ROBERT	Hip-Hop Inter-Advance ZEUS	

CEBU

TIME	MON	TUES	WED	THURS	FRI	SAT	CENTER HOURS: MONDAYS - SUNDAYS 7:00AM - 9:00PM AERO SCHEDULE MAY CHANGE WITHOUT PRIOR NOTICE.
7:30 - 8:30	Jam/Belly CAROL	D-mix CAROL	Hi-Lo BABY	Funk-aero MARCO	TBC BABY		
9:00 - 10:00	TBC BABY	HI-Low BABY	Aerokick MARCO	D-Mix CAROL	Belly D CAROL		
1:30 - 2:30	D-mix CAROL		TBC BABY		Funk Aero MARCO	G-Special BABY	
6:00 - 7:00	Aerokick MARCO	Funk-aero MARCO	Belly D CAROL	TBC BABY	Hi-Low MARCO	Powerdance MARCO	
7:00 - 8:00		Jam BABY		D-Mix CAROL			