

JR

JOHN REED
FITNESS

5th B-DAY

= 5 DAYS WORKOUT PARTY!

12TH SEP - 16TH SEP

JOIN US!

MONDAY

PUMP DANIEL
17:00 - 17:20
CBS

**INSTITUTE OF TATTOO
FOR FREE**
17:00 - 20:00

**GROUP WORKOUT
ABS BY JINDRA**
18:00 - 18:30
FUNCTIONAL

HIIT BY MARTIN
18:00 - 18:30
CBS

DJ FRIKY
18:00 - 21:00

PUMP BY PRISCILA
19:00 - 19:50
CBS

BOOTY BY PRISCILA
20:00 - 20:30
CBS

SIXPACK BY PRISCILA
20:30 - 21:00
CBS

TUESDAY

PUMP BY STACY
17:00 - 17:20
CBS

**INSTITUTE OF TATTOO
FOR FREE**
17:00 - 20:00

SIXPACK BY STACY
17:30 - 18:00
CBS

YOGA BY MARTIN
18:00 - 18:50
CBS

DJ AUSTRALAN
18:00 - 21:00

**SPECIAL DANCE PARTY
BY GINGER & DJ
AUSTRALAN**
19:00 - 21:00
FUNCTIONAL

WEDNESDAY

SIXPACK BY DORIAN
17:00 - 17:20
CBS

**INSTITUTE OF TATTOO
FOR FREE**
17:00 - 20:00

**HANDSTAND
WORKSHOP
BY RADEK LACI**
17:30 - 19:00
CBS

**GROUP WORKOUT BURN
YOUR BODY BY DORIAN**
18:00 - 18:30
FUNCTIONAL

DJ KENNY ROUGH
18:00 - 21:00

SHAPE BY PRISCILA
19:00 - 19:50
CBS

BOOTY BY PRISCILA
20:00 - 20:30
CBS

SIXPACK BY PRISCILA
20:30 - 21:00
CBS

THURSDAY

SIXPACK BY SIA
17:00 - 17:20
CBS

**EDDIE'S BARBER
FOR FREE**
17:00 - 20:00

PUMP BY DORIAN
17:30 - 18:00
CBS

YOGA BY MARTIN
18:00 - 18:50
CBS

DJ ZEEKEE
18:00 - 21:00

**GROUP WORKOUT FULL
BODY WORKOUT BY SIA**
18:00 - 18:30
FUNCTIONAL

FRIDAY

SIXPACK BY STACY
17:00 - 17:20
CBS

**EDDIE'S BARBER
FOR FREE**
17:00 - 20:00

**GROUP WORKOUT
BOOTY PUMP BY STACY**
18:00 - 18:30
FUNCTIONAL

DJ IAN MINT
18:00 - 21:00

**GROUP WORKOUT FULL
BODY WORKOUT
BY JINDRA**
19:00 - 19:30
FUNCTIONAL