

## Weekly Group Exercises Schedule - Penang

Organized by: Cactus FABULOUS FIT (001892063-U)

Contact: Tel: 228 7998 / 012-4380731 Email: eliseong@cactusfabulousfit.com www.CactusFabulousFit.com

Voucher use								
Cactus Group Exercise Voucher	1 vch/cls, 2 vch/1 time gym usage	1 voucher per class	1 voucher per class	1 voucher per class	1 voucher per class	2 voucher per class	2 voucher per class	1 voucher per class
OR Cactus Cash Voucher	As per center's rate	As per center's rate	As per center's rate	As per center's rate	As per center's rate	As per center's rate	As per center's rate	As per month rate
Center Location Contact	Priority Fitness Sunway Tunas (Bayan Lepas) 644 0879	Bibi's YOGAeswara 1 Bayan Baru Resident's 012-4418108	Bibi's YOGAeswara 2 Tmn. Jajar Tel: 016-452 6047	Bibi's YOGAeswara 3 Tg. Tokong (Off Jln. Gajah) 017-4796379	Fresh Beats NB Plaza, Gottlieb Rd. Tel: 012-4510595	K-One Kickboxing Prima Tanjung Tel: 8981899	K-One Kickboxing Farlim Tel: 8283829	Bootcamp PG <a href="http://bootcamppenang.blogspot.com/">http://bootcamppenang.blogspot.com/</a> Tel : 012-4380731
Days								
MON	6:00-7:00pm - Jan's Kick Shape 7:00-8:00pm - Aerobics Combo 8:00-9:00pm Yoga (Inter)	6:15-7:15pm Belly 7:30-8:45pm Basic			6:30-7:30pm - Popping 7:00p.m-8:00p.m - Break Dance	6:30-7:45pm Kickboxing (beginner) 8:15-9:15pm Weapon Combat & Strategy	Farlim schedule change from time to time. Please call for schedule	8:30-9:30am-Lemabh Permai 6:30-7:30pm- Sg. Nibong
TUE	6:00-6:45pm - Fabulous Fit Workout 6:45-7:45pm - Modern Dance 8:00-9:00pm - Power Yoga	10:30-11:30am Basic 6:00-7:15pm Intermediate 7:30-8:45pm Basic			To those who love to DANCE!!! Fresh Beats is the place!!	6:30-7:45pm Kickboxing		6:30-7:30pm - Youth Park
WED	6:00-7:00pm - HI/Lo 7:00-8:00pm - Cardio Kickboxing 8:00-9:00pm - Fitball	6:45-7:45pm Belly	6:45-8:00pm Intermediate		4:00-5:00pm - Hip-Hop 8:00-9:00pm - Street jazz	7:00-8:15pm Kickboxing 8:15-9:15pm Kickboxing (beginner)		8:30-9:30am-Lemabh Permai 6:30-7:30pm- Sg. Nibong
THU	6:00-7:00pm - Fat Blast 7:00-8:00pm - Hardcore Workout 8:00-9:00pm - Vinyasa Yoga	6:00-7:15pm Intermediate 7:30-8:45pm Basic			2:00-3:00pm Break Dance for Kids 3:30-4:30pm - Hip Hop 7:00-8:00pm - Popping	7:00-8:15pm Kickboxing 8:15-9:15pm Western Boxing		6:30-7:30pm - Youth Park 
FRI	6:30-7:30pm - High Beat Tone	10:30-11:30am Beginners 6:00-7:15pm Basic	6:45-8:00pm Basic		2:00-3:00pm - Hip-Hop 6:30-7:30pm - Break Dance	7:00-8:00pm Kickboxing (body toning) 8:15-9:15pm Yoga		
SAT	10:00-11:00am - Power Step 11:00-12:00pm - Belly Dance	3:00-4:15pm Basic		9:30-10:30am Basic	2:00-3:00pm - Hip-Hop 6:30-7:30pm - Break Dance	11:00-12:15pm Kickboxing -X 12:30-1:15pm Kids MMA (age6-12 yrs)		
SUN					5:00-6:00pm - Break Dance	10:00-11:30am MMA (Grappling) 11:00-12:15pm Muay Thai		

OUR VOUCHER SYSTEM IS DESIGNED SPECIALLY FOR PEOPLE WHO HAVE UNCERTAIN SCHEDULE, SALES WHO ALWAYS ON THE ROAD, WHO LIKE TO TRY NEW CLASSES AND EXPERIENCE NEW ENVIRONMENT AND WHO LIKE TO SOCIALIZE!

### How to attend?

Purchase 'Cactus Group Exercise Voucher'

Use the vouchers to attend the classes ANYWHERE that listed above & collect your reward points!!

Prices for 'Cactus Group Exercise Vouchers': 20 cls-RM240, 30 cls-RM330, 40 cls- RM400 (These vouchers only for classes. If you want to attend classes in different places)

### How to purchase the vouchers?

Purchase Online!

Step 1 : Choose a Voucher rate : 20 vouchers - RM240,

30 vouchers - RM330, 40 vouchers - RM400

Step 2 : Bank in to Public Bank - Cactus Fabulous Fit  
# 3987 4224 08

Step 3 : Inform us via SMS to 012-4380731 or

[e-mail: eliseong@cactusfabulousfit.com](mailto:eliseong@cactusfabulousfit.com)

Step 4 : We will give you a set of Username and Password  
[to log in and print out the vouchers online](#)

