

Sarkina Bt Mat Saad @ Shaari

From: UUM CORPORATE COMM.
Sent: Selasa, 16 Mac 2021 10:59 ptg
To: UUM - All Staff; UUM - All Students
Subject: UUM Sports Centre Aerobic Class Schedule



UUM Corporate Comm.

Universiti Utara Malaysia

16 MARCH 2021 / 2 SYAABAN 1442H

"UUM : UNIVERSITI PENGURUSAN TERKEMUKA"
(THE EMINENT MANAGEMENT UNIVERSITY)

UUM ONLINE:

UUM Sports Centre Aerobic Class Schedule

MAC 15 MONDAY (5 PM - 7 PM)
- AERODANCE - LIFT & TONE WOROUT
- ZUMBA - COOLING DOWN

MAC 17 WEDNESDAY (5 PM - 7 PM)
- AERODANCE - FUN TIME WORKOUT
- ZUMBA - COOLING DOWN

MAC 22 MONDAY (5 PM - 7 PM)
- ZUMBA - LATIN & SALSATION
- MUSCLE TONING EXERCISE - COOLING DOWN

MAC 24 WEDNESDAY (5 PM - 7 PM)
- AERODANCE - AERO ETNIK SONGS
- AERODANCE K-POP - COOLING DOWN

MAC 29 MONDAY (5 PM - 7 PM)
- CARDIO WORKOUTS - ZUMBA
- AERO ETNIK SONGS - COOLING DOWN

MAC 31 WEDNESDAY (5 PM - 7 PM)
- AERODANCE - ZUMBA - AERODANCE K-POP
- TONING EXERCISE - COOLING DOWN

MAXIMUM 15 PERSON

> for further information and booking, please contact Instructor on WhatsApp : Sis Effa (019-5640026)

OPEN TO ALL UUM STUDENT AND STAFF



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