



**TRUE FITNESS**

**Dear Valued Members,**

**Please take note of the following  
Class Changes & Cancellations:**

**8<sup>th</sup> & 9<sup>th</sup> AUGUST 2009 (Pavilion Club)**

**11.00am - 12.30pm - BIKRAM HOT YOGA  
Conducted by JAKOB & SEAN will be changed  
to 10.00am to 11.30am due to the  
“Posture Clinic” that will be conducted by  
RICH at 1.00pm to 3.00pm.**

**We apologize for any inconvenience caused.**

**Thank You  
The Management**