



OCTOBER 2024 GROUP CLASS SCHEDULE

MONDAY

TIME	CLASS	INSTRUCTOR	CLASSROOM
9.00am	Pilates Reformer	Amberley	12-Ground Floor
	Sweet Sweat - Core Align	Combo -3credit	2nd Floor (16-2F)
	MAT 动力链	佳炜	2nd Floor (16-2F)
10.00am	Basic Core Align	佳炜	2nd Floor (16-2F)
7.00pm	Pilates Reformer	Valeritz	12-Ground Floor
	Basic Core Align	佳炜	2nd Floor (16-2F)
8.00pm	Basic Core Align	佳炜	2nd Floor (16-2F)
	Pilates Reformer	Valetitz	12-Ground Floor

TUESDAY

TIME	CLASS	INSTRUCTOR	CLASSROOM
9.00am	Mat Weight Training	Combo -3credit	2nd Floor (16-2F)
	Pilates Reformer	Pris	12-Ground Floor
10.00am	Basic Aerial Sport	Amberley	2nd Floor (16-2F)
	MAT 动力链	佳炜	2nd Floor (16-2F)
6.00pm	Pilates Reformer	Shyin	12-Ground Floor
7.00pm	Pilates Reformer	Hillary Mae	12-Ground Floor
	Sweet Sweat - Core Align	Wing	2nd Floor (16-2F)
8.00pm	Pilates Reformer	Wing	12-Ground Floor
	Sweet Sweat - Core Align	Combo -3credits	2nd Floor (16-2F)

WWW.MEETCOYY.COM.MY | 012-245 3369, 010-567 3369 | MEETCOYY@GMAIL.COM

Address : No.16-2F, Jalan Setia Perdana BF U13_BF, Setia Taipan 40170, Selangor, Malaysia.

Copyright ©2023 • MEETCOYY SDN BHD (1258420-H) ALL RIGHTS RESERVED

WEDNESDAY

TIME	CLASS	INSTRUCTOR	CLASSROOM
9.00am	Pilates Reformer	Valeritz	12-Ground Floor
	Sweet Sweat - Core Align	Combo <small>-3credits</small>	2nd Floor (16-2F)
	Functional Aerial Sport	Hillary Mae	2nd Floor (16-2F)
10.00am	Pilates Reformer	Wing	12-Ground Floor
	MAT 动力链	佳炜	2nd Floor (16-2F)
	Inspiral - Core Align	Jasmine	2nd Floor (16-2F)
5.00pm	Pilates Reformer	Wing	12-Ground Floor
6.00pm	Pilates Reformer	Hillary Mae	12-Ground Floor
	Sweet Sweat - Core Align	Wing	2nd Floor (16-2F)
7.00pm	Pilates Reformer	Wing	12-Ground Floor
	MAT 动力链	佳炜	2nd Floor (16-2F)
	Sweet Sweat - Core Align	Combo <small>-3credits</small>	2nd Floor (16-2F)
	Functional Aerial Sport	Hillary Mae	2nd Floor (16-2F)
8.00pm	Pilates Reformer	Valeritz	12-Ground Floor
	Inspiral - Core Align	Jasmine	2nd Floor (16-2F)

THURSDAY

TIME	CLASS	INSTRUCTOR	CLASSROOM
8.00am	Pilates Reformer	Hillary Mae	12-Ground Floor
9.00am	Pilates Reformer	Valeritz	12-Ground Floor
	Basic Core Align	佳炜	2nd Floor (16-2F)
10.00am	Pilates Reformer	Valeritz	12-Ground Floor
	Basic Aerial Sport	Amberley	2nd Floor (16-2F)
6.00pm	Pilates Reformer	Shyin	12-Ground Floor
	Sweet Sweat - Core Align	Combo <small>-3credits</small>	2nd Floor (16-2F)
7.00pm	Pilates Reformer	Sean	1st Floor (16-1F)
	Kids/Teen Pilates Yoga	Jasmine	2nd Floor (16-2F)
8.00pm	Pilates Reformer	Hillary Mae	12-Ground Floor
	Mat Weight Training	Combo <small>-3credits</small>	2nd Floor (16-2F)
	Inspiral - Core Align	Jasmine	2nd Floor (16-2F)

FRIDAY

TIME	CLASS	INSTRUCTOR	CLASSROOM
8.00am	Pilates Reformer	Jasmine	12-Ground Floor
	Sweet Sweat - Core Align	Wing	2nd Floor (16-2F)
	Functional Aerial Sport	Hillary Mae	2nd Floor (16-2F)
9.00am	Sweet Sweat - Core Align	Wing	2nd Floor (16-2F)
	MAT 动力链	佳炜	2nd Floor (16-2F)
	Pilates Reformer	Pris	12-Ground Floor
10.00am	Sweet Sweat - Core Align	Combo -3credits	2nd Floor (16-2F)
6.00pm	Sweet Sweat - Core Align	Wing	2nd Floor (16-2F)
7.00pm	Pilates Reformer	Sean	12-Ground Floor
	Sweet Sweat - Core Align	Wing	2nd Floor (16-2F)
	Functional Aerial Sport	Hillary Mae	2nd Floor (16-2F)
8.00pm	Pilates Reformer	Valeritz	12-Ground Floor

SATURDAY

TIME	CLASS	INSTRUCTOR	CLASSROOM
9.00am	Inspiral - Core Align	Jasmine	2nd Floor (16-2F)
	Fit Ball Pilates	Shyin	2nd Floor (16-2F)
	Pilates Reformer	Pris	12-Ground Floor
10.00am	Kid's Yoga	Jasmine	2nd Floor (16-2F)
	Basic Core Align	Shyin	2nd Floor (16-2F)
10.45am	Pilates Reformer	Sean	12-Ground Floor

SUNDAY

TIME	CLASS	INSTRUCTOR	CLASSROOM
9.00am	Pilates Reformer	Sean	12-Ground Floor
	乐灵快活 Feldenkrais	Valeritz	2nd Floor (16-2F)
10.00am	Pilates Reformer (English Teaching)	Sean	12-Ground Floor

WWW.MEETCOYY.COM.MY | 012-245 3369, 010-567 3369 | MEETCOYY@GMAIL.COM

Address : No.16-2F, Jalan Setia Perdana BF U13_BF, Setia Taipan 40170, Selangor, Malaysia.

Copyright ©2023 • MEETCOYY SDN BHD (1258420-H)

ALL RIGHTS RESERVED

Mon	10.00am	Cadillac	Amberley
Wed	9.00am	Cadillac	Jasmine
	7.00pm	Cadillac	Jasmine
Thurs	9.00am	Cadillac	Jasmine

Fri	9.00am	Cadillac	Jasmine
	10.00am	Cadillac	Jasmine
	6.00pm	Cadillac	Jasmine
	8.00pm	Cadillac	Jasmine



2024 - SPECIAL MINI GROUP PRIVATE 1 TO 2

WWW.MEETCOYY.COM.MY | 012-245 3369, 010-567 3369 | MEETCOYY@GMAIL.COM

Address : No.16-2F, Jalan Setia Perdana BF U13_BF, Setia Taipan 40170, Selangor, Malaysia.

Copyright ©2023 • MEETCOYY SDN BHD (1258420-H) ALL RIGHTS RESERVED



Teacher Shu Wen

Monday	9.00am
Tuesday	8.00am 9.00am 5.00pm 6.00pm
Wednesday	9.00am
Thursday	8.00am 9.00am 5.00pm
Sunday	8.00am 9.00am



Teacher Hillary Mae

Monday	8.00pm
Wednesday	7.00am 8.00am
Thursday	6.00pm 7.00pm
Friday	9.00am 8.00pm



2024 SPECIAL MINI GROUP 1 TO 3

WWW.MEETCOYY.COM.MY | 012-245 3369, 010-567 3369 | MEETCOYY@GMAIL.COM

Address : No.16-2F, Jalan Setia Perdana BF U13_BF, Setia Taipan 40170, Selangor, Malaysia.

Copyright ©2023 • MEETCOYY SDN BHD (1258420-H) ALL RIGHTS RESERVED