



WEEKLY SCHEDULE
课 程 安 排

Search and download our app on AppStore or Google Play to your phone (Anatomy of Arts & Pro Series). Once you register, you will be able to check our schedule and book your classes directly from there.

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- THE CAMPUS SPACE
- ANATOMY OF ARTS STUDIO
- PRO SERIES FITNESS & PERFORMANCE SPACE

一月·星期一 19 FEB MON	MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 10:00-07:45 IMRAN	VINYASA FLOW YOGA 10:00-11:30 Ivy	
	RELEASE (Myofascia release) 12:15-13:00 PABLO	300 SPARTAN HIIT 13:45-14:15 IMRAN	HATHA YOGA 13:45-15:15 ERIC ALESSI	
一月·星期二 20 FEB TUE	MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 10:00-10:45 IMRAN	PILATES CONTROLOGY (mat) 10:00-11:00 LISA	DEFINE BARRE 11:15-12:15 LISA
	300 SPARTAN HIIT 12:15-13:00 IMRAN	YOGA KURUNTA (Wall Rope) 12:15-13:30 PABLO	POSTNATAL (Barre-lates) 13:00-14:00 LISA	MEDITATION THE WAY OF ZEN 14:15-15:30 ERIC ALESSI
一月·星期三 21 FEB WED	MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 10:00-10:45 IMRAN	PRENATAL YOGA 10:30-11:30 CISSY	
	300 SPARTAN HIIT 12:30-13:15 IMRAN		THERAPEUTIC ALIGNMENT VINYASA 13:30-14:45 PABLO	
二月·星期四 22 FEB THU	MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-7:45 IMRAN		
	300 SPARTAN HIIT 12:30-13:15 IMRAN			HEART OF YOGA (HATHA) 19:15-20:30 ERIC ALESSI
二月·星期五 23 FEB FRI	MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 IMRAN	PILATES CONTROLOGY (PG) 09:00-10:15 LISA	DEFINE BARRE 10:30-11:30 LISA
	PILATES CONTROLOGY (mat) 11:45-12:45 LISA	OLYMPIANS HIT 12:30-13:00 IMRAN	POSTNATAL Barre-lates 13:00-14:00 LISA	HATHA YOGA 11:00-12:15 ERIC ALESSI
二月·星期六 24 FEB SAT	300 SPARTAN HIIT 10:00-10:45 IMRAN	PRENATAL YOGA 11:15-12:15 CISSY		
	300 SPARTAN HIIT 12:30-13:15 IMRAN	HATHA YOGA 13:45-14:45 IVY		
二月·星期日 25 FEB SUN	300 SPARTAN HIIT 09:00-10:15 MARGARET	300 SPARTAN HIIT 11:00-11:45 IMRAN		
	VINYASA FLOW YOGA 12:00-13:00 IVY	300 SPARTAN HIIT 13:00-13:45 IMRAN	HEART OF YOGA (HATHA) 14:15-15:30 ERIC ALESSI	RESTORATIVE /YIN YOGA 16:00-17:15 IVY



ANATOMY OF ARTS

PRO SERIES



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二月·星期一 26 FEB MON	MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 MARC			VINYASA FLOW YOGA 19:15-20:30 ARLENT
二月·星期二 27 FEB TUE	MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 IMRAN	PILATES CONTROLOGY (mat) 10:00-11:00 LISA	DEFINE BARRE 11:15-12:15 LISA	
	300 SPARTAN HIIT 12:15-13:00 IMRAN	YOGA KURUNTA (Wall Rope) 12:15-13:30 ERIC ALESSI	POSTNATAL BARRE-LATES 13:00-14:00 LISA		MEDITATION THE WAY OF ZEN 19:15-20:30 ERIC ALESSI
二月·星期三 28 FEB WED	MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 MARC	PRENATAL YOGA 11:15-12:15 CISSY		
	300 SPARTAN HIIT 12:30-13:15 MARC			THERAPEUTIC ALIGNMENT VINYASA 19:15-20:30 ARLENT	
三月·星期四 1 MAR THU	MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 IMRAN			
	300 SPARTAN HIIT 12:30-13:15 IMRAN			HEART OF YOGA (HATHA) 19:15-20:30 ERIC ALESSI	
三月·星期五 2 MAR FRI	MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 MARC	PILATES CONTROLOGY (PG) 09:00-10:15 LISA	DEFINE BARRE 10:30-11:30 LISA	HATHA YOGA 11:00-12:15 ARLENT
	PILATES CONTROLOGY (mat) 11:45-12:45 LISA	OLYMPIANS HIT 12:30-13:00 IMRAN	POSTNATAL Barre-lates 13:00-14:00 LISA		
三月·星期六 3 MAR SAT	300 SPARTAN HIIT 10:00-10:45 IMRAN	300 SPARTAN HIIT 09:00-09:45 MARC	PRE-LAB Prenatal Fitness 10:00-11:00 MARC	PRENATAL YOGA 11:15-12:15 CISSY	
	300 SPARTAN HIIT 12:30-13:15 IMRAN	HATHA YOGA 13:45-14:45 IVY			
三月·星期日 4 MAR SUN	ASHTANGA LED 09:00-10:15 MARGARET				
	VINYASA FLOW YOGA 12:00-13:00 IVY	300 SPARTAN HIIT 13:00-13:45 IMRAN	THERAPEUTIC ALIGNMENT VINYASA 14:15-15:30 ARLENT	RESTORATIVE /YIN YOGA 16:00-17:15 IVY	