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the clinic

ANATOMY

OF ARTS

PRO

SERIES



WEEKLY SCHEDULE

课 程 安 排

THE CAMPUS SPACE

ANATOMY OF ARTS STUDIO

PRO SERIES FITNESS & PERFORMANCE SPACE

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.

可以通过AppStore或Google Play 下载我们的APP: Anatomy of Arts & Pro Series 轻松注册便可查看并直接预订我们的课程。

三月 · 星期一	11 MAR MON	<div>MYSORE PROGRAM</div> <div>06:45-09:15</div> <div>MARGARET</div>		<div>300 SPARTAN HIIT</div> <div>12:00-12:45</div> <div>KEY</div>	<div>PILATES</div> <div>CONTROLOGY (mat)</div> <div>- Intermediate</div> <div>12:00-13:00</div> <div>DOROTHY</div>	
					<div>the CORE LAB</div> <div>19:00-19:45</div> <div>KEY</div>	
三月 · 星期二	12 MAR TUE	<div>MYSORE PROGRAM</div> <div>06:45-09:15</div> <div>MARGARET</div>	<div>the CORE LAB</div> <div>7:15-8:00</div> <div>KEY</div>		<div>BODY OPENING</div> <div>12:00-13:00</div> <div>FEI</div>	
					<div>PILATES</div> <div>CONTROLOGY (mat)</div> <div>19:00-20:00</div> <div>CHIARA</div>	
三月 · 星期三	13 MAR WED	<div>MYSORE PROGRAM</div> <div>06:45-09:15</div> <div>MARGARET</div>	<div>PRE-NATAL PRACTICE</div> <div>10:30-11:30</div> <div>CHIARA</div>	<div>300 SPARTAN HIIT</div> <div>12:00-12:45</div> <div>KEY</div>	<div>POSTNATAL RECOVERY</div> <div>12:00-13:00</div> <div>CHIARA</div>	<div>PILATES</div> <div>CONTROLOGY (mat)</div> <div>- Intermediate</div> <div>12:00-13:00</div> <div>FEI</div>
					<div>BODY OPENING</div> <div>19:00-20:15</div> <div>ANDREA</div>	
三月 · 星期四	14 MAR THU	<div>MYSORE PROGRAM</div> <div>06:45-09:15</div> <div>MARGARET</div>	<div>the FOUNDATION LAB</div> <div>7:15-8:00</div> <div>KEY</div>	<div>OM528 VINYASA ®</div> <div>12:00-13:00</div> <div>ANDREA</div>		
					<div>PILATES</div> <div>CONTROLOGY (mat)</div> <div>- Intermediate</div> <div>19:00-20:00</div> <div>CHIARA</div>	
三月 · 星期五	15 MAR FRI	<div>MYSORE PROGRAM</div> <div>06:45-09:15</div> <div>MARGARET</div>		<div>the CORE LAB (TRX)</div> <div>12:00-12:45</div> <div>OSCAR</div>	<div>PILATES</div> <div>CONTROLOGY (mat)</div> <div>- Intermediate</div> <div>12:00-13:00</div> <div>DOROTHY</div>	
				<div>POSTNATAL RECOVERY</div> <div>13:30-14:30</div> <div>DOROTHY</div>		<div>YIN-YANG</div> <div>19:00-20:15</div> <div>FEI</div>
三月 · 星期六	16 MAR SAT			<div>300 SPARTAN HIIT</div> <div>11:00-11:45</div> <div>OSCAR</div>		<div>BODY OPENING</div> <div>12:00-13:15</div> <div>ANDREA</div>
三月 · 星期日	17 MAR SUN		<div>ASHTANGA LED</div> <div>09:00-10:30</div> <div>MARGARET</div>	<div>the METABOLIC LAB</div> <div>11:00-11:45</div> <div>KEY</div>	<div>PILATES</div> <div>CONTROLOGY (mat)</div> <div>12:00-13:00</div> <div>FEI</div>	
			<div>OM528 VINYASA ®</div> <div>13:00-14:15</div> <div>FEI</div>			

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三月·星期一	18 MAR MON	<div>MYSORE PROGRAM</div> <div>06:45-09:15</div> <div>MARGARET</div>		<div>300 SPARTAN HIIT</div> <div>12:00-12:45</div> <div>KEY</div>			<div>the CORE LAB</div> <div>19:00-19:45</div> <div>KEY</div>	
三月·星期二	19 MAR TUE	<div>MYSORE PROGRAM</div> <div>06:45-09:15</div> <div>MARGARET</div>	<div>the CORE LAB</div> <div>7:15-8:00</div> <div>KEY</div>				<div>BODY OPENING</div> <div>12:00-13:00</div> <div>FEI</div>	
三月·星期三	20 MAR WED	<div>MYSORE PROGRAM</div> <div>06:45-09:15</div> <div>MARGARET</div>		<div>300 SPARTAN HIIT</div> <div>12:00-12:45</div> <div>KEY</div>			<div>BODY OPENING</div> <div>19:00-20:15</div> <div>ANDREA</div>	<div>PILATES</div> <div>CONTROLOGY (mat)</div> <div>- Intermediate</div> <div>12:00-13:00</div> <div>FEI</div>
三月·星期四	21 MAR THU	<div>MYSORE PROGRAM</div> <div>06:45-09:15</div> <div>MARGARET</div>	<div>the FOUNDATION LAB</div> <div>7:15-8:00</div> <div>KEY</div>	<div>OM528 VINYASA ®</div> <div>12:00-13:00</div> <div>ANDREA</div>				
三月·星期五	22 MAR FRI	<div>MYSORE PROGRAM</div> <div>06:45-09:15</div> <div>MARGARET</div>		<div>the CORE LAB (TRX)</div> <div>12:00-12:45</div> <div>OSCAR</div>	<div>POSTNATAL RECOVERY</div> <div>13:30-14:30</div> <div>FEI</div>		<div>PILATES</div> <div>CONTROLOGY (mat)</div> <div>- Intermediate</div> <div>12:00-13:00</div> <div>FEI</div>	
三月·星期六	23 MAR SAT			<div>300 SPARTAN HIIT</div> <div>11:00-11:45</div> <div>OSCAR</div>				<div>BODY OPENING</div> <div>12:00-13:15</div> <div>ANDREA</div>
三月·星期日	24 MAR SUN		<div>ASHTANGA LED</div> <div>09:00-10:30</div> <div>MARGARET</div>	<div>the METABOLIC LAB</div> <div>11:00-11:45</div> <div>KEY</div>	<div>OM528 VINYASA ®</div> <div>13:00-14:15</div> <div>FEI</div>		<div>PILATES</div> <div>CONTROLOGY (mat)</div> <div>12:00-13:00</div> <div>FEI</div>	