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WEEKLY SCHEDULE

课 程 安 排

THE CAMPUS SPACE

ANATOMY OF ARTS STUDIO

PRO SERIES FITNESS & PERFORMANCE SPACE

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<div>三月 · 星期一</div> <div>31</div> <div>MAR</div> <div>MON</div>	<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>NAT</div>		
<div>四月 · 星期二</div> <div>01</div> <div>APR</div> <div>TUE</div>	<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>NEW! NAT</div>		<div>PILATES</div> <div>CONTROLOGY (mat)</div> <div>19:00-20:00</div> <div>CHIARA</div>
<div>四月 · 星期三</div> <div>02</div> <div>APR</div> <div>WED</div>	<div>MYSORE PROGRAM</div> <div>06:45-09:15</div> <div>MARGARET</div>	<div>PILATES</div> <div>CONTROLOGY (mat)</div> <div>07:30-08:30</div> <div>CHIARA</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>OSCAR</div>	<div>POSTNATAL RECOVERY</div> <div>12:00-13:00</div> <div>CHIARA</div>
<div>四月 · 星期四</div> <div>03</div> <div>APR</div> <div>THU</div>	<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>四月 · 星期五</div> <div>04</div> <div>APR</div> <div>FRI</div>	<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>CHIARA</div>	<div>MYORELEASE ®</div> <div>13:15-14:15</div> <div>NEW! NAT</div>
<div>四月 · 星期六</div> <div>05</div> <div>APR</div> <div>SAT</div>			<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>	
<div>四月 · 星期日</div> <div>06</div> <div>APR</div> <div>SUN</div>		<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>NEW!</div> <div>CORE LAB</div> <div>12:00-13:00</div> <div>NAT</div>	
		<div>MYORELEASE ®</div> <div>13:15-14:15</div> <div>NEW! NAT</div>			

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四月·星期一	07 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>NAT</div>		
四月·星期二	08 APR 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>NEW! NAT</div>		<div>PILATES</div> <div>CONTROLOGY (mat)</div> <div>19:00-20:00</div> <div>CHIARA</div>
四月·星期三	09 APR WED	<div>MYSORE PROGRAM</div> <div>06:45-09:15</div> <div>MARGARET</div>	<div>PILATES</div> <div>CONTROLOGY (mat)</div> <div>07:30-08:30</div> <div>CHIARA</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>OSCAR</div>	<div>POSTNATAL RECOVERY</div> <div>12:00-13:00</div> <div>CHIARA</div>
四月·星期四	10 APR 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>		
四月·星期五	11 APR 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>CHIARA</div>	
四月·星期六	12 APR 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>	
四月·星期日	13 APR 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>NEW!</div> <div>CORE LAB</div> <div>12:00-13:00</div> <div>NAT</div>	
			<div>MYORELEASE ®</div> <div>13:15-14:15</div> <div>NEW! NAT</div>			