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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.

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五月·星期一	05 MAY MON	<div><div>MYSORE PROGRAM</div><div>06:45-09:15</div><div>MARGARET</div></div>				
五月·星期二	06 MAY TUE	<div><div>MYSORE PROGRAM</div><div>06:45-09:15</div><div>MARGARET</div></div>		<div><div>BODY OPENING</div><div>12:00-13:00</div><div>NEW! NAT</div></div>		<div><div>PILATES</div><div>CONTROLOGY (mat)</div><div>19:00-20:00</div><div>CHIARA</div></div>
五月·星期三	07 MAY WED	<div><div>MYSORE PROGRAM</div><div>06:45-09:15</div><div>MARGARET</div></div>	<div><div>PILATES</div><div>CONTROLOGY (mat)</div><div>07:30-08:30</div><div>CHIARA</div></div>	<div><div>PRE-NATAL PRACTICE</div><div>10:30-11:30</div><div>CHIARA</div></div>	<div><div>300 SPARTAN HIIT</div><div>12:00-12:45</div><div>OSCAR</div></div>	<div><div>POSTNATAL RECOVERY</div><div>12:00-13:00</div><div>CHIARA</div></div>
五月·星期四	08 MAY THU	<div><div>MYSORE PROGRAM</div><div>06:45-09:15</div><div>MARGARET</div></div>		<div><div>OM528 VINYASA ®</div><div>12:00-13:00</div><div>ANDREA</div></div>		
五月·星期五	09 MAY FRI	<div><div>MYSORE PROGRAM</div><div>06:45-09:15</div><div>MARGARET</div></div>		<div><div>the CORE LAB (TRX)</div><div>12:00-12:45</div><div>NAT</div></div>	<div><div>PILATES</div><div>CONTROLOGY (mat)</div><div>- Intermediate</div><div>12:00-13:00</div><div>CHIARA</div></div>	<div><div>MYORELEASE ®</div><div>19:00-20:00</div><div>NEW! NAT</div></div>
五月·星期六	10 MAY SAT			<div><div>300 SPARTAN HIIT</div><div>11:00-11:45</div><div>OSCAR</div></div>	<div><div>BODY OPENING</div><div>12:00-13:15</div><div>NAT</div></div>	
五月·星期日	11 MAY SUN		<div><div>ASHTANGA LED</div><div>09:00-10:30</div><div>MARGARET</div></div>	<div><div>the METABOLIC LAB</div><div>11:00-11:45</div><div>NAT</div></div>	<div><div>NEW!</div><div>CORE LAB</div><div>12:00-13:00</div><div>NAT</div></div>	
			<div><div>MYORELEASE ®</div><div>13:15-14:15</div><div>NEW! NAT</div></div>			

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五月·星期一	12 MAY 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>		
五月·星期二	13 MAY TUE		<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>
五月·星期三	14 MAY 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>
五月·星期四	15 MAY 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>NAT</div>		
五月·星期五	16 MAY 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>	
五月·星期六	17 MAY 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>	
五月·星期日	18 MAY 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>			

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五月 · 星期一

19

MAY

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>		

五月 · 星期二

20

MAY

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>	

五月 · 星期三

21

MAY

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>
			<div>BODY OPENING</div> <div>19:00-20:15</div> <div>ANDREA</div>	

五月 · 星期四

22

MAY

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>		

五月 · 星期五

23

MAY

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>	

五月 · 星期六

24

MAY

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>	

五月 · 星期日

25

MAY

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>			