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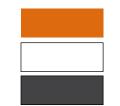


ANATOMY OF ARTS

PRO SERIES



WEEKLY SCHEDULE 排 程 安



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 Google Play 下载我们的 (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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| PRO SERIES FITNESS & PERFORMANCE SPACE GITECTLY ITOTAL CITE . | | | | | | |
|--|---|---|--|---|---------------------------------------|--|
| 五 月 外 MAY 期 MON | MYSORE PROGRAM 06:45-09:15 MARGARET | | | | | |
| 五 月 月 MAY 期 二 TUE | MYSORE PROGRAM 06:45-09:15 MARGARET | | BODY OPENING 12:00-13:00 NEW! NAT | PILATES CONTROLOGY (mat) 19:00-20:00 CHIARA | | |
| 五 月 八 星 斯 三 WED | MYSORE PROGRAM 06:45-09:15 MARGARET | PILATES CONTROLOGY (mat) 07:30-08:30 CHIARA | PRE-NATAL PRACTICE 10:30-11:30 CHIARA | 300 SPARTAN HIIT 12:00-12:45 OSCAR BODY OPENING 19:00-20:15 NAT | POSTNATAL RECOVERY 12:00-13:00 CHIARA | |
| 五 月 八 星 斯 四 THU | MYSORE PROGRAM 06:45-09:15 MARGARET | | OM528 VINYASA ® 12:00-13:00 ANDREA | | | |
| 五 月 星 斯 五 FRI | MYSORE PROGRAM 06:45-09:15 MARGARET | | the CORE LAB (TRX) 12:00-12:45 NAT | PILATES CONTROLOGY (mat) - Intermediate 12:00-13:00 CHIARA MYORELEASE ® 19:00-20:00 NEW! NAT | | |
| 五 月 星 斯 六 SAT | | | 300 SPARTAN HIIT 11:00-11:45 OSCAR | BODY OPENING 12:00-13:15 NAT | | |
| 五 月 星 MAY B SUN | | ASHTANGA LED 09:00-10:30 MARGARET MYORELEASE ® 13:15-14:15 NEW! NAT | the METABOLIC LAB 11:00-11:45 NAT | CORE LAB 12:00-13:00 NAT | | |



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| 五 月 13 星 MAY | | the CORE LAB 7:15-8:00 KEY | BODY OPENING 12:00-13:00 NEW! NAT | | | |
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| 五 月 15 星 期 | MYSORE PROGRAM 06:45-09:15 MARGARET | the FOUNDATION LAB 7:15-8:00 KEY | OM528 VINYASA ® 12:00-13:00 NAT | | | |
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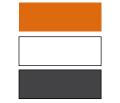


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