



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

九月·星期一  
**28**  
SEP  
MON

**MYSORE PROGRAM**  
**06:45-09:15**  
MARGARET

300 SPARTAN HIIT  
**12:15-13:00**  
OSCAR

YIN YOGA  
**19:00-20:00**  
OCE

九月·星期二  
**29**  
SEP  
TUE

**MYSORE PROGRAM**  
**06:45-09:15**  
MARGARET

300 SPARTAN HIIT  
**12:00-12:45**  
REMI

**BODY OPENING**  
**12:00-13:00**  
CISSY

PILATES  
CONTROLOGY (mat)  
**18:30-19:30**  
CHIARA

**MEDITATION :  
AWAKENING INNER-  
VISION**  
**19:15-20:30**  
ASHOK

九月·星期三  
**30**  
SEP  
WED

**MYSORE PROGRAM**  
**06:45-09:15**  
MARGARET

300 SPARTAN HIIT  
**12:00-12:45**  
OSCAR

PRE-NATAL YOGA  
**10:45-11:45**  
CISSY

BODY OPENING  
**19:00-20:15**  
ANDREA

十月·星期四  
**1**  
OCT  
THU

**MYSORE PROGRAM**  
**07:30-10:00**  
MARGARET

THE CORE LAB  
**12:00-12:45**  
OSCAR

VINYASA FLOW YOGA  
**12:30-13:30**  
ANDREA

**BREATHWORK**  
**14:00-15:00**  
OCE

十月·星期五  
**2**  
OCT  
FRI

300 SPARTAN HIIT  
**12:00-12:45**  
REMI

YIN YOGA  
**13:00-14:00**  
ANDREA

POSTNATAL PILATES  
**10:15-11:15**  
CHIARA

PILATES  
CONTROLOGY (mat)  
- Intermediate  
**11:45-12:45**  
CHIARA

十月·星期六  
**3**  
OCT  
SAT

THE CORE LAB  
**12:00-12:45**  
OSCAR

**BODY OPENING**  
**13:00-14:15**  
ANDREA

PRE-NATAL YOGA  
**10:00-11:00**  
CISSY

**POSTNATAL YOGA**  
**11:30-12:30**  
CISSY

PILATES  
CONTROLOGY (mat)  
**13:30-14:30**  
CHIARA

十月·星期日  
**4**  
OCT  
SUN

ASHTANGA LED  
**09:00-10:15**  
MARGARET

**BREATHWORK**  
**11:00-12:00**  
OCE

300 SPARTAN HIIT  
**11:15-12:00**  
OSCAR

VINYASA FLOW YOGA  
**13:00-14:15**  
FEI

**MEDITATION :  
AWAKENING INNER-  
VISION**  
**14:30-15:45**  
ASHOK



# ANATOMY OF ARTS

# PRO SERIES



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- THE CAMPUS SPACE
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十月·星期一 5 OCT MON		<b>MYSORE PROGRAM</b> 07:30-10:00 MARGARET		
	VINYASA FLOW YOGA 12:00-13:15 FEI	300 SPARTAN HIIT 12:15-13:00 OSCAR	YIN YOGA 14:00-15:00 OCE	
十月·星期二 6 OCT TUE		<b>MYSORE PROGRAM</b> 07:30-10:00 MARGARET		
	300 SPARTAN HIIT 12:00-12:45 OSCAR	<b>BODY OPENING</b> 12:00-13:00 CISSY	PILATES CONTROLOGY (mat) 14:15-15:15 CHIARA	<b>MEDITATION : AWAKENING INNER- VISION</b> 14:30-15:30 ASHOK
十月·星期三 7 OCT WED		<b>MYSORE PROGRAM</b> 07:30-10:00 MARGARET	PRE-NATAL YOGA 10:45-11:45 CISSY	
	300 SPARTAN HIIT 12:00-12:45 OSCAR		BODY OPENING 14:00-15:15 ANDREA	
十月·星期四 8 OCT THU		<b>MYSORE PROGRAM</b> 07:30-10:00 MARGARET		
	THE CORE LAB 12:00-12:45 OSCAR	VINYASA FLOW YOGA 12:00-13:15 FEI	<b>BREATHWORK</b> 14:00-15:00 OCE	
十月·星期五 9 OCT FRI	<b>MYSORE PROGRAM</b> 06:45-09:15 MARGARET		POSTNATAL PILATES 10:15-11:15 CHIARA	PILATES CONTROLOGY (mat) - Intermediate 11:45-12:45 CHIARA
	300 SPARTAN HIIT 12:00-12:45 REMI			
十月·星期六 10 OCT SAT			PRE-NATAL YOGA 10:00-11:00 CISSY	<b>POSTNATAL YOGA</b> 11:30-12:30 CISSY
	THE CORE LAB 12:00-12:45 OSCAR	<b>BODY OPENING</b> 13:00-14:15 ANDREA	PILATES CONTROLOGY (mat) 13:30-14:30 CHIARA	
十月·星期日 11 OCT SUN		ASHTANGA LED 09:00-10:15 MARGARET	<b>BREATHWORK</b> 11:00-12:00 OCE	300 SPARTAN HIIT 11:15-12:00 OSCAR
		VINYASA FLOW YOGA 13:00-14:15 FEI	<b>MEDITATION : AWAKENING INNER- VISION</b> 14:30-15:45 ASHOK	