



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

十一月
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星期一
19
NOV
MON

MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 IMRAN		
MYORELEASE 12:15-13:00 PABLO	300 SPARTAN HIIT 12:15-13:00 IMRAN		POWER FLOW YOGA 19:15-20:30 IVY

十一月
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星期二
20
NOV
TUE

MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 RAMAN	PILATES CONTROLOGY (mat) 10:00-11:00 MACHUN	
300 SPARTAN HIIT 12:15-13:00 IMRAN	YOGA KURUNTA (wall-rope) 12:15-13:30 PABLO	POST-NATAL PILATES 11:15-12:15 MACHUN	MEDITATION The way of ZEN 19:15-20:30 ERIC ALESSI

十一月
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星期三
21
NOV
WED

MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 IMRAN	PRENATAL YOGA 10:30-11:30 CISSY	
300 SPARTAN HIIT 12:15-13:00 REMI			THERAPEUTIC ALIGNMENT VINYASA 19:15-20:30 PABLO

十一月
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星期四
22
NOV
THU

MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 RAMAN		VINYASA FLOW YOGA 10:30-11:45 ANDREA
300 SPARTAN HIIT 12:15-13:00 RAMAN		YOGA KURUNTA (wall-rope) 19:00-20:15 PABLO	POWER FLOW YOGA 19:15-20:30 TONNY

十一月
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星期五
23
NOV
FRI

MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 IMRAN		Define BARRE 10:30-11:30 MACHUN	PILATES CONTROLOGY (mat) 11:45-12:45 MACHUN
OLYMPIANS H.I.T 12:00-12:30 IMRAN				

十一月
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星期六
24
NOV
SAT

	The CORE LAB 10:00-10:45 REMI		PRENATAL YOGA 11:15-12:15 CISSY	
300 SPARTAN HIIT 12:30-13:30 IMRAN	BODY OPENING 13:00-14:15 ANDREA	POWER FLOW YOGA 13:45-14:45 IVY		

十一月
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星期日
25
NOV
SUN

ASHTANGA LED 09:00-11:00 MARGARET	300 SPARTAN HIIT 11:00-11:45 REMI			
VINYASA FLOW YOGA 12:15-13:15 JADE	300 SPARTAN HIIT 13:15-14:00 REMI		Therapeutic Alignment Vinyasa 14:15-15:30 ANDREA	RESTORATIVE YOGA 16:00-17:15 JADE



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27
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TUE

MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 IMRAN	PILATES CONTROLOGY (mat) 10:00-11:00 MACHUN	
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300 SPARTAN HIIT 12:15-13:00 REMI			THERAPEUTIC ALIGNMENT VINYASA 19:15-20:30 ANDREA

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29
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THU

MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 IMRAN		VINYASA FLOW YOGA 10:30-11:45 ANDREA
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十一月
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星期五
30
NOV
FRI

MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 IMRAN		Define BARRE 10:30-11:30 LISA	PILATES CONTROLOGY (mat) 11:45-12:45 LISA
OLYMPIANS H.I.T 12:00-12:30 IMRAN		POST-NATAL PILATES 13:00-14:00 LISA		

十二月
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星期六
1
DEC
SAT

	The CORE LAB 10:00-10:45 REMI		PRENATAL YOGA 11:15-12:15 CISSY	
300 SPARTAN HIIT 12:30-13:30 IMRAN	BODY OPENING 13:00-14:15 ANDREA	POWER FLOW YOGA 13:45-14:45 IVY		

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2
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