



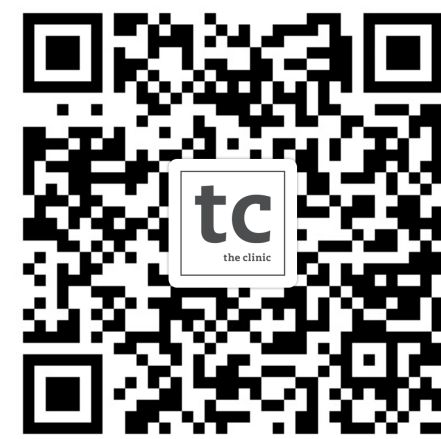
WEEKLY SCHEDULE
课程安排

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

一月 · 星期一	11 FEB MON	MYORELEASE Therapeutic bodywork 12:15-13:00 PABLO	300 SPARTAN HIIT 12:15-13:00 IMRAN		POWER FLOW YOGA 19:15-20:30 ANDREA	
二月 · 星期二	12 FEB TUE	MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 IMRAN	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		NEW! 300 SPARTAN HIIT 19:30-20:15 IMRAN
二月 · 星期三	13 FEB WED	MYSORE PROGRAM 06:45-09:00 MARGARET	NEW! HEART OF YOGA 10:30-11:15 CHUN	PRENATAL YOGA 10:30-11:30 CISSY		
		300 SPARTAN HIIT 12:15-13:00 REMI			THERAPEUTIC ALIGNMENT VINYASA 19:15-20:30 PABLO	
二月 · 星期四	14 FEB THU	MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 REMI		VINYASA FLOW YOGA 10:30-11:45 ANDREA	
		300 SPARTAN HIIT 12:15-13:00 REMI		YOGA KURUNTA (wall-rope) 19:00-20:15 PABLO		
二月 · 星期五	15 FEB FRI	MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 IMRAN	POSTNATAL PILATES 10:30-11:30 MACHUN	PILATES CONTROLOGY (mat) 11:45-12:45 CHUN	
		OLYMPIANS H.I.T 12:00-12:30 IMRAN			NEW! 300 SPARTAN HIIT 19:00-19:45 IMRAN	
二月 · 星期六	16 FEB 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	HATHA YOGA 14:30-15:30 MACHUN		
二月 · 星期日	17 FEB SUN	ASHTANGA LED 09:00-10:15 MARGARET	300 SPARTAN HIIT 11:00-11:45 IMRAN			
			300 SPARTAN HIIT 13:15-14:00 IMRAN		THERAPEUTIC ALIGNMENT VINYASA 14:15-15:30 ANDREA	



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- THE CAMPUS SPACE
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一月 · 星期一 18 FEB MON				
		300 SPARTAN HIIT 12:15-13:00 IMRAN		POWER FLOW YOGA 19:15-20:30 IVY
二月 · 星期二 19 FEB TUE	MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 IMRAN	PILATES CONTROLOGY (mat) 10:00-11:00 MACHUN	
	300 SPARTAN HIIT 12:15-13:00 IMRAN		POST-NATAL PILATES 11:15-12:15 MACHUN	NEW! 300 SPARTAN HIIT 19:30-20:15 IMRAN
二月 · 星期三 20 FEB WED	MYSORE PROGRAM 06:45-09:00 MARGARET	NEW! HEART OF YOGA 10:30-11:15 TONNY	PRENATAL YOGA 10:30-11:30 CISSY	
	300 SPARTAN HIIT 12:15-13:00 REMI		POWER FLOW YOGA 19:00-20:15 TONNY	THERAPEUTIC ALIGNMENT VINYASA 19:15-20:30 PABLO
二月 · 星期四 21 FEB 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	
二月 · 星期五 22 FEB FRI	MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 IMRAN	POSTNATAL PILATES 10:30-11:30 CHUN	PILATES CONTROLOGY (mat) 11:45-12:45 CHUN
	OLYMPIANS H.I.T 12:00-12:30 IMRAN			NEW! 300 SPARTAN HIIT 19:00-19:45 IMRAN
二月 · 星期六 23 FEB 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	NEW! HATHA YOGA 14:30-15:30 CHUN	
二月 · 星期日 24 FEB SUN	ASHTANGA LED 09:00-10:15 MARGARET	300 SPARTAN HIIT 11:00-11:45 IMRAN		
		300 SPARTAN HIIT 13:15-14:00 IMRAN		THERAPEUTIC ALIGNMENT VINYASA 14:15-15:30 ANDREA