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ANATOMY OF ARTS

PRO SERIES



WEEKLY SCHEDULE 安 排 程



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| PRO SERIES FITNESS & PERFORMANCE SPACE directly from there. | | | | | | | | |
|---|-------------------------------------|--|--|---|---|--|--|--|
| 三 11 県 MAR 期 MON | MYSORE PROGRAM 06:45-09:15 MARGARET | | 300 SPARTAN HIIT 12:00-12:45 KEY | PILATES CONTROLOGY (mat) - Intermediate 12:00-13:00 DOROTHY the CORE LAB 19:00-19:45 KEY | | | | |
| 三 12 県 MAR 期 TUE | MYSORE PROGRAM 06:45-09:15 MARGARET | the CORE LAB 7:15-8:00 KEY | | BODY OPENING 12:00-13:00 FEI PILATES CONTROLOGY (mat) 19:00-20:00 CHIARA | | | | |
| 三 月 星 MAR 男 WED | MYSORE PROGRAM 06:45-09:15 MARGARET | PRE-NATAL PRACTICE 10:30-11:30 CHIARA | 300 SPARTAN HIIT 12:00-12:45 KEY | POSTNATAL RECOVERY 12:00-13:00 CHIARA BODY OPENING 19:00-20:15 ANDREA | PILATES CONTROLOGY (mat) - Intermediate 12:00-13:00 FEI | | | |
| 三 14 県 MAR 町 THU | MYSORE PROGRAM 06:45-09:15 MARGARET | the FOUNDATION LAB 7:15-8:00 KEY | OM528 VINYASA ® 12:00-13:00 ANDREA | PILATES CONTROLOGY (mat) - Intermediate 19:00-20:00 CHIARA | | | | |
| 三 月 星 斯 五 FRI | MYSORE PROGRAM 06:45-09:15 MARGARET | | the CORE LAB (TRX) 12:00-12:45 OSCAR POSTNATAL RECOVERY 13:30-14:30 DOROTHY | PILATES CONTROLOGY (mat) - Intermediate 12:00-13:00 DOROTHY | YIN-YANG 19:00-20:15 FEI | | | |
| 三 月 月 MAR 期 六 SAT | | | 300 SPARTAN HIIT 11:00-11:45 OSCAR | | BODY OPENING 12:00-13:15 ANDREA | | | |
| 三 月 八 星 期 SUN | | ASHTANGA LED 09:00-10:30 MARGARET OM528 VINYASA ® 13:00-14:15 FEI | the METABOLIC LAB 11:00-11:45 KEY | PILATES CONTROLOGY (mat) 12:00-13:00 FEI | | | | |

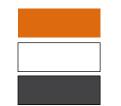


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WEEKLY SCHEDULE 排



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| PRO SERIES FITNESS & PERFORMANCE SPACE directly from there. | | | | | | | | |
|---|---|--|--|---|---|--|--|--|
| 三 18 県 MAR 期 MON | MYSORE PROGRAM 06:45-09:15 MARGARET | | 300 SPARTAN HIIT 12:00-12:45 KEY | the CORE LAB 19:00-19:45 KEY | | | | |
| 三 19 星 MAR 期 TUE | MYSORE PROGRAM 06:45-09:15 MARGARET | the CORE LAB 7:15-8:00 KEY | | BODY OPENING 12:00-13:00 FEI | | | | |
| 三 20 県 MAR 男 WED | MYSORE PROGRAM 06:45-09:15 MARGARET | | 300 SPARTAN HIIT 12:00-12:45 KEY | BODY OPENING 19:00-20:15 ANDREA | PILATES CONTROLOGY (mat) - Intermediate 12:00-13:00 FEI | | | |
| 三 21 県 MAR 町 THU | MYSORE PROGRAM 06:45-09:15 MARGARET | the FOUNDATION LAB 7:15-8:00 KEY | OM528 VINYASA ® 12:00-13:00 ANDREA | | | | | |
| 三 22 県 MAR FRI | MYSORE PROGRAM 06:45-09:15 MARGARET | | the CORE LAB (TRX) 12:00-12:45 OSCAR POSTNATAL RECOVERY 13:30-14:30 FEI | PILATES CONTROLOGY (mat) - Intermediate 12:00-13:00 FEI | | | | |
| 三 23 県 MAR 斯六 SAT | | | 300 SPARTAN HIIT 11:00-11:45 OSCAR | | BODY OPENING 12:00-13:15 ANDREA | | | |
| 三 月 全 基 斯 SUN | | ASHTANGA LED 09:00-10:30 MARGARET OM528 VINYASA ® 13:00-14:15 FEI | the METABOLIC LAB 11:00-11:45 KEY | PILATES CONTROLOGY (mat) 12:00-13:00 FEI | | | | |