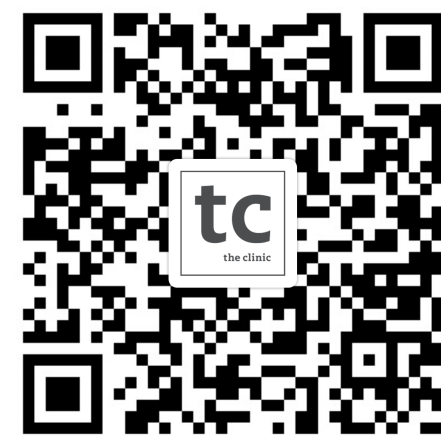




ANATOMY OF ARTS

PRO SERIES



WEEKLY SCHEDULE 课程安排

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- THE CAMPUS SPACE
- ANATOMY OF ARTS STUDIO
- PRO SERIES FITNESS & PERFORMANCE SPACE

八月·星期一
21
AUG
MON

HEART OF YOGA
(Hatha)
19:15-20:30
ERIC ALESSI

the SILENT GROUND
18:00-20:00

八月·星期二
22
AUG
TUE

300 SPARTAN HIIT
07:00-07:45
MAURAD

the SILENT GROUND
09:00-11:30

300 SPARTAN HIIT
12:15-13:00
IMRAN

YOGA KURUNTA
(Wall Rope)
12:15-13:15
PABLO

PRENATAL YOGA
19:00-20:15
JADE

PRANAYAMA
& MEDITATION
19:15-20:30
ERIC ALESSI

八月·星期三
23
AUG
WED

300 SPARTAN HIIT
07:00-07:45
MAURAD

MYSORE PROGRAM
06:45-08:45
MARGARET

PRENATAL YOGA
10:30-11:30
CISSY

the SILENT GROUND
10:00-14:00

300 SPARTAN HIIT
12:30-13:15
IMRAN

THERAPEUTIC ALIGNMENT
VINYASA
19:15-20:30
PABLO

the SILENT GROUND
18:00-20:00

八月·星期四
24
AUG
THU

300 SPARTAN HIIT
07:00-07:45
MAURAD

MYSORE PROGRAM
06:45-08:45
MARGARET

the SILENT GROUND
09:00-11:30

300 SPARTAN HIIT
12:30-13:15
MAURAD

the SILENT GROUND
14:00-18:00

YOGA KURUNTA
(Wall Rope)
19:00-20:15
PABLO

VINYASA FLOW
YOGA
19:15-20:30
TATIANA

八月·星期五
25
AUG
FRI

300 SPARTAN HIIT
07:00-07:45
MAURAD

MYSORE PROGRAM
06:45-08:45
MARGARET

HATHA YOGA
11:00-12:15
TATIANA

OLYMPIANS HIT
12:30-13:15
MAURAD

the SILENT GROUND
14:00-18:00

ASHTANGA Yoga
(Led)
18:30-19:45
MARGARET

NADA-LAYA YOGA
19:15-20:30
MELON

八月·星期六
26
AUG
SAT

300 SPARTAN HIIT
10:00-10:45
MAURAD

PRENATAL YOGA
11:15-12:15
CISSY

300 SPARTAN HIIT
12:30-13:15
MAURAD

HATHA YOGA
13:45-14:45
TATIANA

PRENATAL YOGA
12:00-13:15
JADE

八月·星期日
27
AUG
SUN

300 SPARTAN HIIT
10:15-11:00
MAURAD

300 SPARTAN HIIT
11:15-12:00
MAURAD

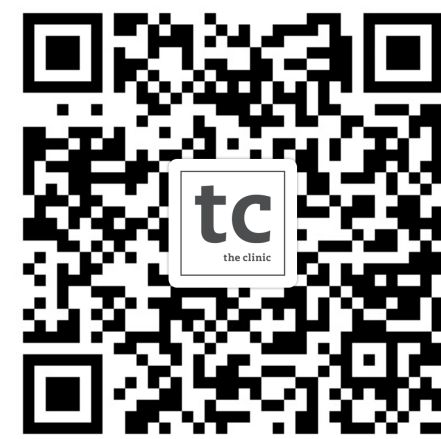
VINYASA FLOW YOGA
12:00-13:00
IVY

ASHTANGA Yoga
(Led)
09:00-10:15
MARGARET

300 SPARTAN HIIT
13:00-13:45
MAURAD

THERAPEUTIC ALIGNMENT
VINYASA
14:15-15:30
TATIANA

RESTORATIVE
/YIN YOGA
16:00-17:15
IVY



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课程安排

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- THE CAMPUS SPACE
- ANATOMY OF ARTS STUDIO
- PRO SERIES FITNESS & PERFORMANCE SPACE

八月
·
星期一
28
AUG
MON

MYSORE PROGRAM
06:45-08:45
MARGARET

RELEASE
(Myofascial release)
12:15-13:00
PABLO

HEART OF YOGA
(Hatha)
19:15-20:30
ERIC ALESSI

the SILENT GROUND
18:00-20:00

八月
·
星期二
29
AUG
TUE

300 SPARTAN HIIT
07:00-07:45
MAURAD

300 SPARTAN HIIT
12:15-13:00
IMRAN

MYSORE PROGRAM
06:45-08:45
MARGARET

YOGA KURUNTA
(Wall Rope)
12:15-13:15
TATIANA

the SILENT GROUND
09:00-11:30

PRANAYAMA
& **MEDITATION**
19:15-20:30
ERIC ALESSI

PRENATAL YOGA
19:00-20:15
JADE

八月
·
星期三
30
AUG
WED

300 SPARTAN HIIT
07:00-07:45
MAURAD

300 SPARTAN HIIT
12:30-13:15
IMRAN

MYSORE PROGRAM
06:45-08:45
MARGARET

PRENATAL YOGA
10:30-11:30
CISSY

THERAPEUTIC ALIGNMENT
VINYASA
19:15-20:30
TATIANA

the SILENT GROUND
10:00-14:00

the SILENT GROUND
18:00-20:00

八月
·
星期四
31
AUG
THU

300 SPARTAN HIIT
07:00-07:45
MAURAD

300 SPARTAN HIIT
12:30-13:15
MAURAD

MYSORE PROGRAM
06:45-08:45
MARGARET

the SILENT GROUND
09:00-11:30

the SILENT GROUND
14:00-18:00

VINYASA FLOW
YOGA
19:15-20:30
TATIANA

九月
·
星期五
1
SEP
FRI

300 SPARTAN HIIT
07:00-07:45
MAURAD

OLYMPIANS HIT
12:30-13:15
MAURAD

MYSORE PROGRAM
06:45-08:45
MARGARET

HATHA YOGA
11:00-12:15
TATIANA

the SILENT GROUND
14:00-18:00

NADA-LAYA YOGA
19:15-20:30
MELON

九月
·
星期六
2
SEP
SAT

300 SPARTAN HIIT
10:00-10:45
MAURAD

300 SPARTAN HIIT
12:30-13:15
MAURAD

PRENATAL YOGA
11:15-12:15
CISSY

HATHA YOGA
13:45-14:45
TATIANA

PRENATAL YOGA
12:00-13:15
JADE

九月
·
星期日
3
SEP
SUN

300 SPARTAN HIIT
10:00-10:45
MAURAD

300 SPARTAN HIIT
13:00-13:45
MAURAD

300 SPARTAN HIIT
11:00-11:45
MAURAD

VINYASA FLOW YOGA
12:00-13:00
IVY

THERAPEUTIC ALIGNMENT
VINYASA
14:15-15:30
TATIANA

ASHTANGA Yoga
(Led)
09:00-10:15
MARGARET

RESTORATIVE
/YIN YOGA
16:00-17:15
IVY