



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

八月
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星期一
27
AUG
MON

MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 MARC		
RELEASE (Myofascia release) 12:15-13:00 PABLO	300 SPARTAN HIIT 12:15-13:00 IMRAN		VINYASA FLOW YOGA 19:15-20:30 IVY

八月
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星期二
28
AUG
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 RAMAN	YOGA KURUNTA (Iyengar wall rope) 12:15-13:15 PABLO	POST-NATAL PILATES 12:45-13:15 MACHUN	MEDITATION THE WAY OF ZEN 19:15-20:30 ERIC ALESSI

八月
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星期三
29
AUG
WED

MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 MARC	PRENATAL YOGA 10:30-11:30 CISSY	
300 SPARTAN HIIT 12:15-13:00 JOHN RECON (RJ)			THERAPEUTIC ALIGNMENT VINYASA 19:15-20:30 PABLO

八月
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星期四
30
AUG
THU

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

八月
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星期五
31
AUG
FRI

MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 MARC		PILATES CONTROLOGY (mat) 11:45-12:45 MACHUN

九月
·
星期六
1
SEP
SAT

	The CORE LAB 10:00-10:45 JOHN RECON (RJ)		PRENATAL YOGA 11:15-12:15 CISSY
		HATHA YOGA 13:45-14:45 IVY	

九月
·
星期日
2
SEP
SUN

ASHTANGA LED 09:00-10:15 MARGARET	300 SPARTAN HIIT 11:00-11:45 JOHN RECON (RJ)		
VINYASA FLOW YOGA 12:15-13:15 JADE	300 SPARTAN HIIT 13:15-14:00 IMRAN		Therapeutic Alignment Vinyasa 14:15-15:30 ANDREA
			RESTORATIVE YOGA 16:00-17:15 JADE



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- THE CAMPUS SPACE
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- PRO SERIES FITNESS & PERFORMANCE SPACE

九月 · 星期一 SEP MON	3	MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 IMRAN		
		RELEASE (Myofascia release) 12:15-13:00 PABLO	300 SPARTAN HIIT 12:15-13:00 IMRAN		VINYASA FLOW YOGA 19:15-20:30 IVY
九月 · 星期二 SEP TUE	4	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 (Iyengar wall rope) 12:15-13:15 PABLO	POST-NATAL PILATES 12:45-13:15 MACHUN	MEDITATION THE WAY OF ZEN 19:15-20:30 ERIC ALESSI
九月 · 星期三 SEP WED	5	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 JOHN RECON (RJ)			THERAPEUTIC ALIGNMENT VINYASA 19:15-20:30 PABLO
九月 · 星期四 SEP THU	6	MYSORE PROGRAM 06:45-09:00 MARGARET	300 SPARTAN HIIT 07:00-07:45 RAMAN		VINYASA FLOW YOGA 10:30-11:45 ANDREA
				YOGA KURUNTA (Iyengar wall rope) 19:00-20:15 PABLO	VINYASA FLOW YOGA 19:15-20:30 TONNY
九月 · 星期五 SEP FRI	7	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 11:30-12:00 IMRAN		POST-NATAL PILATES 13:00-14:00 LISA	
九月 · 星期六 SEP SAT	8		The CORE LAB 10:00-10:45 JOHN RECON (RJ)		PRENATAL YOGA 11:15-12:15 CISSY
		300 SPARTAN HIIT 12:30-13:15 IMRAN		HATHA YOGA 13:45-14:45 IVY	
九月 · 星期日 SEP SUN	9	ASHTANGA LED 09:00-10:15 MARGARET	300 SPARTAN HIIT 11:00-11:45 JOHN RECON (RJ)		
		VINYASA FLOW YOGA 12:15-13:15 JADE	300 SPARTAN HIIT 13:15-14:00 IMRAN		Therapeutic Alignment Vinyasa 14:15-15:30 ANDREA